

# *Worksheet*

## OUR CHILD

1. What type of adjustments did you experience when the new child joined your family?

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2. What adjustments did the new family member experience?

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3. What special things did you do together in the early stages of getting to know each other?

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4. What things did it take a while to understand about each other?

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5. What did you learn about each other during this adjustment period?

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