

Maintaining Your Identity After Having Children

Take stock of what is important

- Old hobbies
 - What did you used to enjoy?
 - What excited you before having a child?
 - What did you do for fun?
- New interests
 - Is there something that you have always wanted to get into?
 - Are there activities that you have learned about but have never tried?
- Existing relationships
 - Did you used to volunteer or work some where that you really loved?
 - Are there people that you want to get to know better?
 - Are there people in your circle that you want to spend more time with?
 - Do you need to date your partner again?
 - Are there activities that you could that would broaden or strengthen your relationships?
 - Do you know anyone with kids similar in age to yours?
- Professional/ Educational Background
 - Did you study something in the past that you would like to put into use?
 - Did you work in a field that would make you an asset as a volunteer?
 - Do you have connections with organizations that you could call on to work on a project or pick up some other tasks?

Evaluate Time

- What days and times are you free?
- Are there times that you could be doing something while you are with your baby? Nap time? going out for walks with other moms etc.
- How much time will your venture take? (Including travel time and preparing for the activities like a class)
- Is your new/ old hobby constrained by certain times (ex: classes held at a certain time etc.)
- How can you make more time
 - Nanny share
 - Moms groups
 - Trusting others to watch the baby
 - Using time wisely by prioritizing activities
 - Housekeeper
 - Delegate tasks
 - Prioritize activities (i.e. if I only get one thing done today it should be...)

Be creative

- Research different ways to do what you want (ex: want to take a photography class, maybe there is one online)
- Volunteer from home
- Set up a good space for your hobby that is easy to just start doing (want to start sewing, take the machine out of the closet and keep it out so that when you are ready to sew it is there and you are not wasting time setting up)

Be realistic

- What will your budget allow?
- What will your schedule allow?
- How will you ensure your partner is also getting what they need?
- What will it take to start and maintain your hobby? (ex: gear, set up cost, time, strain on household, mental effort etc.)

Start! Even if you don't have it all figured out, just start.