

One is “the gate for the husband to care for the child”: This is a door that women need to open. The other is “the gate to ease the wife’s burden”: This is a door that men need to open. conscious of opening up these doors to each other. the couple’s dialogue during the child-rearing period will change. Do give it a try.



Here is how. A couple already has various gates (doors) between them, but once a child is born, think of it as though two more new gates (doors) are created. Imagine them like this.



2つのゲートを開くと、みんなhappyになるね



How was it? When the mother opens “the gate for caring for the child,” the father starts to enjoy caring for the child, and when the father cares for the kids, then the mother’s burden is reduced. Similarly, when the father opens “the gate to ease the wife’s burden,” the mother’s burden is reduced, and a positive cycle is created. Learn the gender differences, and enjoy parenting! “Do give it a try!”

### The Voice of Practitioners

- I can now think of my wife more than I used to. Considering the difficulty of child care, I try to take the initiative to do housework, etc. (Husband)
- When I have trouble changing a diaper or holding the child, my wife doesn't use harsh words; instead, she tries to make me feel good. I'm also making an effort to take part in child-rearing as much as I can. (Husband)
- There were many times when we almost had a fight, but remembered the talk about the “Two Gates,” and ended up not having an argument. (Husband)
- I was intentionally using thoughtful words to speak to her, but after a while, the occasions where I was able to speak that way naturally increased. (Husband)
- I'm now able to interact with my wife in a considerate way even if I'm tired. My wife is also creating an environment where I can take part in child care. (Husband)
- My hopes and expectations for my husband changed in some minor ways before and after I gave birth, and it has helped me that I learned about that beforehand. I can try not to be emotional, and try to understand my husband's position. (Wife)
- I had times when I was irritated and almost made sarcastic remarks (about how my husband was cuddling the child, etc.), but I remembered about the gates and gave him advice after taking the time to think it over first. (Wife)
- I feel that our relationship has become very close after hearing about the “Two Gates.” I hope many people will learn the concept. (Wife)
- I never thought we'd have an after-birth crisis, but I'm glad to have known about the two gates. (Wife)

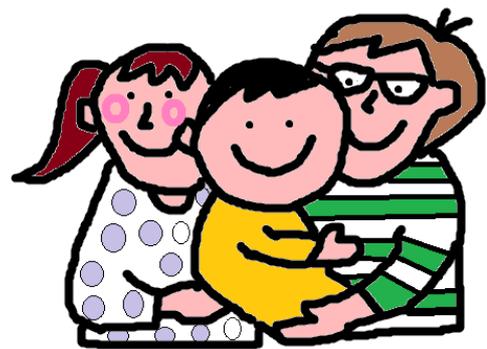
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### Let's overcome the after-birth crisis every parent experiences!

The watch-phrase for a parenting couple is..

Open up the two gates !



● With this slogan, both of you can enjoy parenting. ●



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These gender differences tend to create a divide between a child-rearing couples, both of whom are expecting to follow the same path. However, a hearing conducted on approximately forty couples who are rearing a child for the first time shows that these gender differences can be reduced to a certain extent.

Firstly, due to biological differences, the burden of child-rearing is disproportionately placed on women. Meanwhile, men feel they lag behind in becoming a parent, as they feel awkward about not being equipped with the weapon of breastfeeding or for having less chance to take care of the child. Additionally, while men can choose child-rearing or work, women have no such option.

I am sorry, but that is hard to achieve. Men and women are different in many ways, so be prepared for a wide range of such differences to surface.

● To those romantics who believe that a rosy life of parenting as a loving couple awaits once a child is born... (?)!



This is the gate the mother needs to open



## “The gate for the husband to care for the child”

Whether the father actually cares for the child is determined by the mother. It depends on whether she can manage to pull the father into child-rearing successfully (opening the door), or chases him out of it (closing the door).

### ■ Ways to open the gate for caring for the child successfully

#### Creating contact between the husband and the child



- Leaving the child care to the husband on his days off as much as possible
- Creating a time when the husband takes care of the child by himself
- Early pregnancy: going to parenting classes and prenatal checkups together

#### Boosting his motivation



- Lavishing him with praise: two phrases, “You’re the best!” and “That’s great!” will be enough.
- Asking nicely
- Sharing stories he doesn’t know about the child’s day (Via SNS, or directly after he gets home...)
- Speaking for the child

i.e., “She/he wants to take a bath with her/his dad!”

#### Overlooking his clumsiness



- Not intervening unnecessarily, neither physically nor verbally
- Trying not to notice his uncertain handling

### ■ Ways to close the gate for caring for the child

#### Eliminating contact between the husband and the child



- Shutting out the husband from the child care (figure to the right)
- Not asking him to take care of the child (Because I can do it more quickly/better...)
- Asking him to come home after the child goes to sleep (Because the child gets too excited and won’t sleep when dad gets home...)

#### Curbing his motivation



- Asking in an angry tone
- Demanding he does things differently
- Attacking him for not helping
- Taking things out on him
- Always complaining to him about one thing or another

#### Being critical of his clumsiness



- Not praising him
- Criticizing his ways
- Pointing out his uncertain handling

This is the gate the mother needs to open



## “The gate to ease the wife’s burden”

The sense of child care burden the mother feels is determined by the dad. It depends on whether he tries to ease the burden on the wife (opening the door), or increases it (closing the door).

### ■ Ways to open the gate to ease the wife’s burden successfully

#### Watching over the wife closely when she is going through a difficult time



- Sharing time and space with the wife when she is going through a difficult time.
- Trying to be very understanding of the physically and mentally unstable conditions postnatal women experience
- Giving priority to the wife

#### Listening to her attentively



- Showing a reaction to what she says (nodding, expressing great surprise)
- Not rushing to solve a problem, and opting to simply listen
- Showing empathy by saying, “That must have been hard”
- Not arguing with her

#### Talking to her



- “Are you okay?” “Did you get to sleep?” “How was your day?”
- “Are you tired?” “Thank you!” etc.
- The husband’s show of appreciation works magic for the wife to feel comforted

#### Reducing her tasks



- Taking the initiative to help with what you can to assist her
- Not leaving your clothes and things lying around

#### Providing thoughtful support for her to release stress



- Suggesting an outing and other activities for her to feel refreshed
- Creating times she can spend on her own

### ■ Ways to close the gate to ease the wife’s burden

#### Leaving her in others’ hands when she is going through a difficult time



- Leaving her to her parents and the hospital
- Not sharing time and space with her when she is going through a difficult time
- Giving priority to yourself

#### Listening to her half-heartedly



- Listening to her while doing something else
- Not showing a reaction to what she says, and not showing interest
- Think of how you are also tired
- Being tired of her usual complaining

#### Not talking to her, or hurting her feelings with offhand remarks

- Not talking to her depending on her mood
- “Don’t you think you can switch to formula now?” etc.
- —Postnatal women are in a state where they can quickly feel down because of a casual incident—

#### Increasing her tasks

- Being reluctant or refusing when asked to do something
- Increasing her work by leaving your clothes and things lying around

#### Interfering with her stress-releasing activities

- Complaining about her shopping and spending