



The National Partnership for Community Leadership
"Strengthening Communities and Organizations to Serve People for the Future"

CASE STUDY 2

Charles and Brenda

Brenda is five months pregnant and is enrolled in the Healthy Start program. Today she informed Charles that she wants to include her mom and sister in the upcoming Healthy Start appointments. Because of covid restrictions, Brenda can bring only one person with her so that Charles will be left out of as many as two-thirds of the appointments. Brenda lives with her mom and sister, so she spends much time with them, whereas Charles only gets to see her for a few hours daily. Charles indicates that the time he and Brenda spend together is limited, and now this doctor thing is more than he can handle.

Charles has told Brenda he wants to be involved in the pregnancy and the baby's life. Charles feels that when the baby comes, the situation will remain the same, and he will feel left out and relegated to being a part-time parent. Charles has supported Brenda and her family for years. He and Brenda have talked about marriage, and he is excited to be a dad. However, this situation is very painful, and Charles does not know what to do. However, he wonders if he is being selfish. Charles also feels like he is being given an occasional table scrap of time with Brenda during the pregnancy because of covid restrictions; she prefers to have her mother and sister with her at doctor appointments. He wants a good co-parenting relationship if plans with Brenda do not work out. He is trying to think through options ahead.