

## **Relationship Tips for Expectant and New Parents**

- Keep the lines of communication open!!
- Get Your Sleep – rest and relaxation
- Prioritize Intimacy – cuddling and holding hands count, maintain physical contact after baby
- Accept support and help with household chores and childcare, try a support groups, keep socializing
- Include both partners in caring for baby.
- Discuss ongoing expectations for roles, jobs, finances, tasks, amount of family involvement, caregiving
- Stay Flexible!!
- Maintain treasured time together – schedule weekly dates – day or night
- Take time alone to recharge/self-care
- Separate time together for “business of family discussions, what is going well? What needs change?”
- Eat healthy and exercise regularly
- Get outside
- Clock out after work
- Acknowledge and respect each other’s needs