

## How to Keep Your Post-Baby Marriage Strong

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### The Facts:

- 63% of new moms do not feel satisfied with their marriage.
- Men and women who have children report more marital dissatisfaction than married couples that have none.

### To Improve Your Post-Baby Marriage

**Step 1. Be honest with yourself and accept your feelings, including your resentment and/or anger.**

### Ask Yourself:

1. What were my expectations of mommy, child and daddy life?
2. If I had my ideal version of post-baby marriage, what would it look like?
3. What am I afraid to say to my husband, and why am I afraid to say it?
4. What, really, is bothering me most?

**Step 2: Carve out time for you and your husband to be alone, so that you can, first, discuss your relationship, and second, spend some much needed time together.**

When you speak about your relationship with your partner, answer the following questions:

1. What household roles do each of you have?
2. How do you want to resolve your future conflicts?
3. How do you want to share raising your child?

4. What is your economic plan (meaning who earns what, and how much can you afford to spend day-to-day)?
5. How do you want to treat and speak to one another?
6. How can you create a unified front when issues of discipline arise?

**Step 3: Discuss sex (skip this if you and your partner are both happy with your sexual relationship).**

**The Facts:**

- Many parents have issues about if, when, and how often to have sex.
- Although it's typical for a dad's sex drive to stay the same after a baby is born and a mom's to diminish, many couples have the reverse situation.
- Studies show that it can take 2 years for some moms to rediscover their pre-baby sex drive.

**To Improve Sexual Intimacy:**

1. Focus first on clearing the air and keeping communication optimal by doing steps 1 and 2 (above).
2. Make sure that you and your spouse check in with each other daily because anger and resentment are the number 1 killers of sexual desire.
3. If either you or your partner is upset, schedule time to discuss what's going on so that you can work together to resolve conflicts that arise.
4. Improve how you treat each other in everyday life.
5. Incorporate loving gestures into your days.
6. Let the little stuff slide.
7. When you both want to have sex, schedule it.

**Remember:** Parenthood can ultimately strengthen your marriage if you prioritize your marriage. Try not to focus so much on your child, and on your other responsibilities, that you neglect the union that created the very special family that you have.