

5 METHODS FOR CONNECTING WITH YOUR PARTNER POSTPARTUM

From a Certified Relationship Coach and Certified Full Spectrum Doula



Communicate!

Someone wise once said that every problem is a communication problem and I, for one, believe that whole heartedly!

We are not mind readers and during the postpartum period it can be hard to tune in to the other persons needs. Communication is key for both parties. Set aside time to check in with one another. Time where you can both speak and listen, without distractions.

Remember how your partner feels loved!

There are five love languages and your way of showing love may not be how your partner receives love. Ask your partner how they feel loved and be intentional with your actions. The five love languages are physical touch, words of affirmation, gifts, quality time, and acts of service!

Have a Date Night!

One on one time is so important! If you do not have a friend, family member, or babysitter try to plan an at home date night! One of my favorites is making home made pasta together or making smores in the fireplace while watching a new movie. These can all be done while baby sleeps!

Plan Ahead!

Postpartum is a busy period and that busyness can last a long period of time, and differs family to family. Plan when people that plan to help with baby will visit ahead of time and what other resources you will have. This allows you to schedule more moments where you can be mindful and intentional with your partner.

Be intimate!

And understand that intimacy will look different postpartum.

Intimacy may look different postpartum. It definitely may feel different. Go at your own pace and find new ways to be intimate with your partner. Intimacy can be physical and emotional. Approach it as something new, exciting, and most importantly FUN!