



You and Your Partner... and Early Parenthood

The BEFORE:

- excitement of being pregnant
- nervous about the huge responsibility
- fear of the big change
- less time for exercise, downtime, and hobbies
- wondering how your social life will be affected
- financial pressures, like needing a safer, bigger car
- concern and desire for a healthy baby



Your days AFTER the birth:

- infant requires much of your time and energy
- you will experience lots of firsts and unknowns
- overwhelm and doubts can linger
- challenged by juggling work and a new baby
- time for your relationship has dwindled dramatically
- conversations often become efficient, rather than heart-to-heart
- you're sleep deprived—a good night's sleep is rare!
- lots of demands on your money



KEYS to integrating your new lives together:

- take extreme care of yourselves
- cut each other slack; presume innocence
- schedule connecting time alone (date nights)
- reach out for support and help from friends and extended family
- get sleep whenever possible
- recognize this time is a transition and won't last forever



For parenting support or information about Heartmanity's parenting classes and WombPrints coaching and subscription programs, please call Jennifer Williams at 406-577-2100 or email support@heartmanity.