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Ten Tips

for a Healthy Transition from Partners to Parents

Making a healthy transition from partners to parents will help you strengthen your couple relationship and provide a positive, caring environment for your new child. Apply the following ideas to your own experience and work toward a successful transition:

- Share your expectations.
- Give yourselves regular couple “checkups.”
- Make time to talk with each other.
- Negotiate what you will talk about.
- Be willing to experiment with new approaches.

- Don't ignore sex and intimacy
- Line up support in the early stages.
- Talk with a friend or family member you trust.
- Find the balance between being a couple and being parents.
- Express your appreciation for each other and your child.



... because health matters!

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