



Bringing home a new baby is a wonderful thing, but it can be a challenging shock to an established partnership. I hope you and your partner use this guide as a jumping-off point to start talking about what it will look like to have your new family member join you and will use the tips provided to start planning for a successful and loving transition to parenthood.

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PARTNERSHIP PLANNING GUIDE

Start the Conversations Early!

Allow each partner to answer each question, then discuss

1

MANAGING VISITORS

A lot of people are going to want to meet your new little love, but having a steady stream of guests can be overwhelming.

- What are your expectations for visitors?
- How many visitors per day are you comfortable with?
- How long should they stay?
- Who is going to communicate these expectations and schedule visitors?
- What tasks can you ask visitors to help with?



2

SLEEPING ARRANGEMENTS

Everyone knows sleep is hard with a new baby. Talking about expectations and having a fluid plan can help take some of the stress out of those sleepless nights.

- Where is everyone going to sleep?
- If mom is breastfeeding, will partner sleep in a different room?
- If formula-feeding, are you going to designate night duty?
- Are you for or against co-sleeping?
- If rooming-in, how long do you plan to keep this arrangement?



3

INDIVIDUAL SELF-CARE

Bringing home a baby mean less time for yourself. It takes a concerted effort to make sure you are both getting the "me time" you need.

- What are the hobbies and/or activities that are meaningful to you?
- What are you unwilling to give up?
- What are some self-care things you can do if you only have 15 minutes?
- How much time in a week do you feel is necessary for you to have for yourself?





4

TENDING TO YOUR RELATIONSHIP

Bringing home baby means a lot less 1:1 time. Now is the time to figure out how to stay connected.



- What options do you have for childcare?
- What are some ways that you can connect even if you only have 15 minutes?
- What are some activities that you do now as a couple that you want to continue after the baby arrives?
- What are 3 things your partner can do to let you know that you are loved?

5

LET'S TALK ABOUT SEX BABY

Sex is an important part of every relationship and can be a sensitive topic even without a baby involved. Answer these questions to start getting comfortable and to begin managing expectations.



- How soon after birth do you anticipate returning to sex?
- Once sex has resumed, how often is acceptable to you?
- Are you open to other forms of sexual intimacy outside of penetrative sex?
- [For non-birthing partner] If your partner is not ready for intimacy, is masturbation an acceptable alternative? For how long?

ADDITIONAL CONSIDERATIONS & TIPS

- TALK IT OUT! Communication is everything.
- Consider planning a daily or even weekly check-in to see how each other is coping and to address any concerns or needs.
- Get help. Taking care of a newborn was never meant for two people to manage alone. It takes a village. Tap into your resources to give yourselves a break.

Check out my Postpartum Care Plan at www.motherloverot.com for more guidance.

Congratulations! You've got this!

And if you're not so sure, reach out.

I'm here to help! abby@motherloverot.com