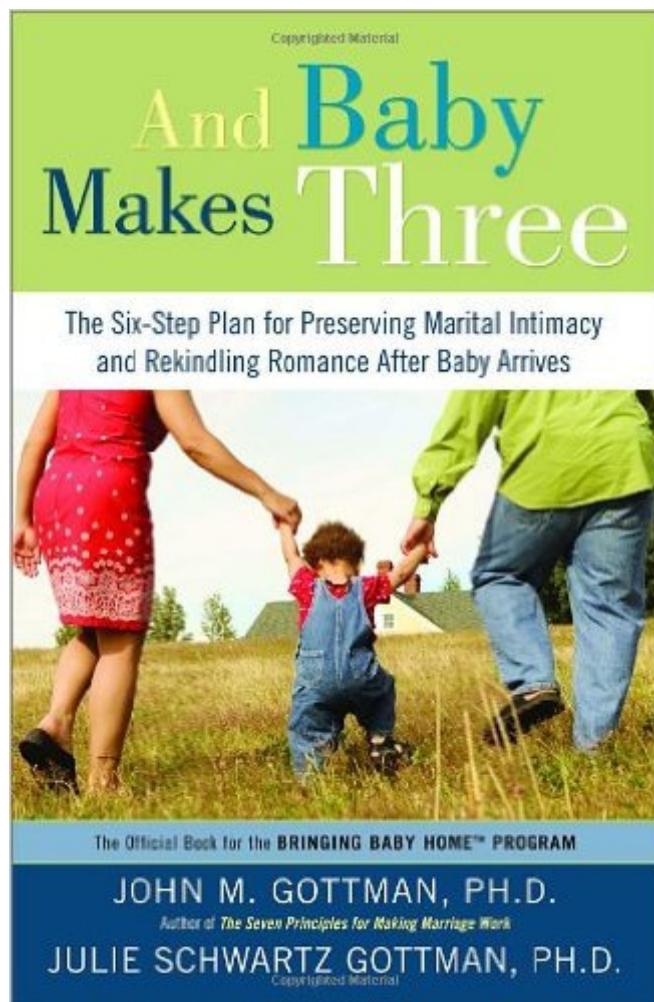


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# And Baby Makes Three: The Six-Step Plan For Preserving Marital Intimacy And Rekindling Romance After Baby Arrives



## Synopsis

Congratulations! You have a new baby. Don't forget you also have a marriage. Having a baby is a joyous experience, but even the best relationships are strained during the transition from duo to trio. In *And Baby Makes Three*, Love Lab experts John Gottman and Julie Schwartz Gottman teach couples the skills needed to maintain healthy marriages, so partners can avoid the pitfalls of parenthood by:

- Focusing on intimacy and romance
- Replacing an atmosphere of criticism and irritability with one of appreciation
- Preventing postpartum depression
- Creating a home environment that nurtures physical, emotional, and mental health, as well as cognitive and behavioral development for your baby

Complete with exercises that separate the master • from the disaster • couples, *And Baby Makes Three* helps new parents positively manage the strain that comes along with their bundle of joy.

## Book Information

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## Customer Reviews

I am a certified labor doula and I bought this book so I could help my doula clients. I didn't realize how helpful it would be to me as well. I wanted to be able to provide my clients with some good information about how things might be after their baby is born. It's not an easy transition in many ways. Although delightful, the roller coaster of emotions both parents go through can be rough and lead to divorce. I can't tell you how many times I have gone to a postpartum visit only to see my clients sitting separately. The dad not responding to mom's requests and mom not talking to dad but talking AT him. I know them because we met prenatally and seeing the transition is astounding. The once happy couple, who would do anything for each other while pregnant, is now sad. Dad is no

longer focused on mom and wanting to make her happy. Mom isn't really doing much to make dad happy. They are two people living in the same home but they are slowly losing each other. Sleep deprivation and an overwhelming sense of responsibility on both parents is splitting them apart. What's worse is, we don't think about how this will affect the baby. When couples think about how life will change when baby comes, they often think about how it will affect them. They don't think about how these changes will affect their baby; especially in the long run. This book describes those changes and offers suggestions and support on how to get through them. Dad's typically withdraw and I thought it was very normal. It is, however, if dad withdraws from baby and for significant periods, this will have a profound effect on the baby at the present time and in the long run. We must also think about the baby not just us. I heard an MD speak about Bringing Baby Home last year. My son was almost 3 at the time.

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