

What a Partner can do for Himself

- Make sure you have some time to yourself, apart from work and family; you may need more personal time to restore perspective
- Try to keep up important hobbies and interests as much as possible; think about how you may share these hobbies and interests with your older children (e.g., taking an older child to a baseball game will support you and your child as well as give the mother some additional relief at home)
- Talk to close friends about your feelings and concerns
- Be kind to yourself as well as understanding of your partner by setting reasonable expectations
- Realize that helping your partner adjust to the new baby may increase the strength and intimacy of your marriage