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THE SECURE BOND · FREE GUIDE

How to Prepare Your Relationship for Parenthood

*A gentle, practical guide for couples
expecting — or welcoming — a new baby*

Most couples prepare for the baby. Very few prepare for what
a baby does to *the relationship*. This little guide helps you do
both.

Before the baby arrives, come back to each other

For fourteen years I sat in families' homes as a birth and postpartum doula. I watched something happen again and again.

The baby would arrive — perfect, longed-for, exhausting — and quietly, without anyone meaning for it to happen, the couple would drift. Less talking. Less touching. More keeping score. Two people who deeply loved each other, suddenly running a night shift together like tired colleagues.

It wasn't a lack of love. It was a lack of **preparation** — because no one had ever told them the relationship needs tending too. That's why I retrained as a CBT relationship coach, and why I made you this guide. Whether your baby is on the way or already here, these pages will help you protect the one thing everything else is built on: **your bond**.

*With warmth,
Esti*

WHAT ACTUALLY CHANGES

The shift no one warns you about

A new baby doesn't just add a person to your life — it reorganizes everything: your sleep, your time, your bodies, your sense of who you are. Under that much change, small cracks in a relationship become visible fast. Here's what tends to quietly slip — notice which feel true for you.

- ☐ **Communication shrinks** to logistics — feedings, diapers, who slept less — and the tender conversations disappear.
- ☐ **Appreciation fades** as exhaustion takes over, and each partner starts feeling unseen.
- ☐ **Intimacy pauses** — physical and emotional — and the pause starts to feel permanent.
- ☐ **Resentment builds** quietly around fairness: who does more, who gets a break.
- ☐ **You become parents** so fully that you forget how to be partners.

None of this means your relationship is failing. It means it's under pressure — and pressure is something you can prepare for.

YOUR PREPARATION

Five ways to protect your bond

1 • Name your expectations out loud

So much conflict comes from silent assumptions about who will do what. Say them now, before you're too tired to be kind. Try: "When the baby comes, I imagine nights working like... and I'm quietly hoping you'll..."

2 • Protect a daily 10-minute check-in

Not about the baby. About *you two*. How are you — really? Ten honest minutes a day keeps a couple connected through the hardest season.

3 • Share the invisible load

Fairness isn't only about tasks — it's the mental weight of remembering, planning, and worrying. Talk about that weight, not just the chores.

4 • Keep tenderness alive

Intimacy after a baby rarely looks like it did before — and that's okay. A hand on the back, a real hug, a whispered "thank you." Small warmth keeps the door open.

5 • Ask for help early — together

The strongest couples aren't the ones who need no support. They're the ones who reach for it *before* the cracks widen — leaning on each other, on family, and on a coach when they need a steady hand.

REFLECT TOGETHER

One thing worth protecting

What is one thing you each want to protect about your relationship as you become parents?

LISTEN TOGETHER THIS WEEK

Stress-Proof Your Love ❤️

An episode from my podcast on keeping your connection strong when life gets heavy — perfect for this season. Put it on during a walk or a late-night feed.

▶ Listen to the episode



YOU DON'T HAVE TO PREPARE ALONE

Ready when you are.

If you'd like a warm, no-pressure conversation about protecting your relationship through this transition, I'd love to meet you.

Book your free 15-minute call

thesesecurebond.com · Instagram [@the_secure_bond_](https://www.instagram.com/the_secure_bond_)