
LIFE TRANSITIONS

The New Parent Survival Guide

Protecting your marriage when a baby takes over your life.

Boundary Agreement Resource Library
Dr. Hines Inc. | boundaryagreement.com

This guide is a coaching resource, not therapy or counseling.

The Baby Is Not the Problem

The first year with a new baby is one of the hardest seasons a marriage will face. Sleep deprivation, identity shifts, unequal workloads, loss of intimacy, financial stress, and zero time alone. The baby is not the problem. The problem is that nobody warned you how much your relationship would change.

Lower the bar. Then lower it again.

Your marriage does not need to thrive right now. It needs to survive. Daily connection can be a 5-minute conversation, a hug, a text. That is enough for this season.

Divide and communicate.

Who handles nighttime feedings? Who does bath? Who gets a break on Saturday morning? Write it down. Assumptions breed resentment.

The 'touched out' reality.

The parent (often mom) who has been physically attached to a baby all day may not want more physical touch at night. This is not rejection. It is overstimulation. Give grace.

Keep the couple alive.

Even 15 minutes on the couch after the baby sleeps. No phones. No Netflix. Just talking. The couple that disappears during the baby season may not come back.

Accept help.

Let someone hold the baby so you can nap, shower, or sit quietly. Martyrdom is not a parenting strategy.

Check in weekly.

'How are you doing? Not as a parent. As a person. As my partner.' This question keeps the marriage on the radar.

EXERCISE: The Division of Labor Agreement

Fill this out together before the baby arrives or as soon as possible after.

Nighttime feeds: Primary / Support:

Morning routine: Who handles what:

Meal prep responsibility:

When does each person get alone time?

Who handles doctor appointments?

When is our couple check-in time?

Who do we call first when we need help?
