

Parent Wellbeing Tip Sheet



Intimacy

Intimacy is a vital part of any romantic relationship. It is about being close to your partner, having an emotional connection, and trusting and supporting each other.

Couples occasionally experience problems reconnecting intimately after having a child. There are many things that can diminish a couple's intimacy, these include: anger, hurt, resentment, trust issues, feeling unappreciated, financial problems, pressure at work, concerns about children, busyness and tiredness. Whatever the cause, it is important to address this and re-establish your connection.

Here are some simple tips:

- Be enthusiastic about your relationship and let your partner know what you value about them.
- Plan a regular evening, day or weekend when the two of you can be alone together.
- Practise making "I" statements about how you feel. For example "I was upset that you didn't ask me about this first" instead of "Why didn't you ask me first?"
- Try to determine the deeper source of an argument – hurt, anxiety, or sense of being let down – and talk about these feelings.
- Tell your partner that you love them; you might think that they know, but it is important for them to hear it too.
- Talk about sex – what you like and don't like in your love-making – and about how your sexual relationship could be made more enjoyable for you.
- Remember that some issues are too complex, painful or confusing to be resolved without professional advice. Counselling can, at these times, be a valuable resource. A relationships counsellor can guide you through things. Their presence makes it possible to say the things that are otherwise too hard to put into words.