



## STRONG PARENTAL CONNECTION NURISHES BABY'S DEVELOPMENT

The greatest gift you can give your baby is a happy and strong connection with your partner.

\*Studies show that poor partner relationships interfere with an infant's ability to self-regulate and stay calm.

\*Studies reveal that babies raised by unhappy parents suffer developmentally. They lag behind the babies of contented parents both intellectually and emotionally.

\* The Gottman Institute

## Pre-Baby Couples Counseling

The main challenge new parents face is the disparity between expectation and reality. So you need to discuss what you expect - of parenthood, of yourselves and of each other. The more planning you do now, the fewer surprises there'll be once the baby is born and you'll save a lot of conflict.

SCHEDULE A FREE CONSULTATION

Contact Jennifer Chappell Marsh, Marriage and Couples Therapist:

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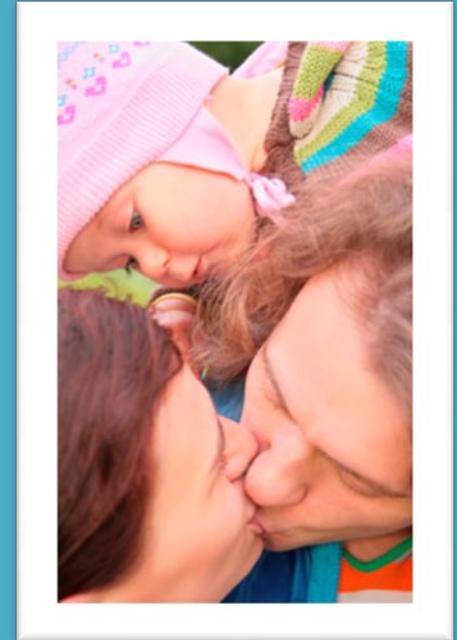
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## Chappell Therapy

Happy Couple,  
Healthy Baby



Pre-Baby  
Couples Counseling

## NEW BABY - COMMON IMPACT ON RELATIONSHIPS

### Sleep deprivation

Sleep deprivation makes daily hassles more intense. In our relationships, we feel more emotionally out of control - we are more reactive, e.g. short fuse. This doesn't mean the relationship is bad - just means you're tired and going through a tremendous transition.

### Intense focus on baby's needs

Birthing moms often tend to take on all responsibility for meeting baby's needs. Non-birthing partner's who do not have the opportunity to frequently touch/hold the newborn miss out on the bonding hormone. They tend to feel left out and respond by withdrawing from their babies and working more. This cycle leaves both parents feeling isolated and alone.

### Decrease in sex drives

Many birthing moms experience feelings of guilt and a sense that "something is wrong with me". Non-birthing partners often feel undesired by their mate. In turn, they question their own attractiveness and "turn off" or "turn away" their feelings of desire.

### Shifting roles - additional duties/responsibilities

Partners may be so wrapped up in their own contributions that they do not see/acknowledge their partner's efforts. Even though both parents are working much harder - they both feel unappreciated.

*Given these challenges, it's no wonder the majority of couples report that marital/relationship satisfaction falls drastically within the first year of having a baby.*

## PRE-BABY COUPLES COUNSELING CAN HELP

Pre-Baby Couples Counseling focuses on fostering stronger couple connections through in-session Communication and Conflict Resolution skill building exercises. You will:

### BUILD/IMPROVE CORE SKILLS

#### Communication

The more work you put in communicating your feelings and needs before baby will pay off when you are in "survival mode". Sessions focus on practicing communication skills that eliminate defensiveness & criticism.

#### Conflict Resolution

Trying to figure out how to solve problems with no sleep and a million things to do is a recipe for disaster. Sessions focus on practicing how to solve problems in a way that lowers tension and anxiety.

## PREPARE WITH 5 CORE CONVERSATIONS:

1. **Division of Labor** - Navigate the new workload as a team.
2. **Baby/Life Balance** - Decide how you'll connect as a couple and recharge as an individual.
3. **Parenting Style** - Address questions such as: Pick up crying baby or cry it out?
4. **Couple Connection** - Create ways to maintain intimacy.
5. **Extended Family** - Assess your boundaries and support network.

*\*Custom topics available*

*Cost: Six Session Pre-Baby Couples Counseling package is \$450.*



**About Chappell Therapy, Jennifer Chappell Marsh:**

*Jennifer specializes in working with couples helping them create strong, lasting connections.*

*Jennifer holds a Master's Degree in Marriage and Family Therapy and has completed over 1,000 hours helping couples and families. Additionally, she has received advanced training in Emotionally Focused Therapy (EFT). EFT is considered only one of two empirically based treatments for distressed couples.*

*Jennifer incorporates EFT strategies into her Pre-Baby Counseling program - giving couples the tools they need to stay connected when baby comes home.*

*Supervised by Aimee Zakrewski Clark, LMFT #43736*