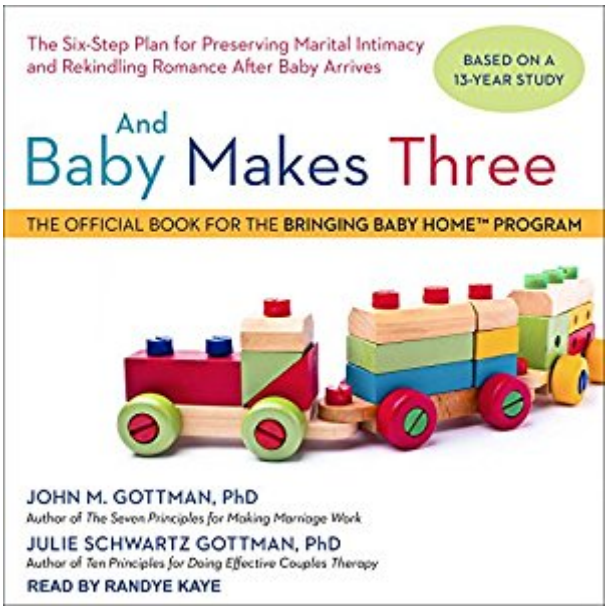
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And Baby Makes Three: The Six-Step Plan For Preserving Marital Intimacy And Rekindling Romance After Baby Arrives



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Synopsis

Having a baby is a joyous experience, but even the best relationships are strained during the transition from duo to trio. Lack of sleep, never-ending housework, and new fiscal concerns often lead to conflict, disappointment, and hurt feelings. In And Baby Makes Three, Love LabTM experts John Gottman and Julie Schwartz Gottman teach couples the skills from their successful workshops, so partners can avoid the pitfalls of parenthood by: Maintaining intimacy and romance Replacing a culture of criticism and irritability with one of appreciation Preventing postpartum depression Creating a home environment that nurtures physical, emotional, and mental health as well as cognitive and behavioral development for your baby Complete with exercises that separate the "master" from the "disaster" couples, And Baby Makes Three helps new parents positively manage the strain that comes along with their bundle of joy.

Book Information

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Customer Reviews

My wife is a psychologist and psychology professor and John Gottman is her absolute favorite relationship and family psychologist. She tries to get her hands on just about every book he has written and I learn from her as she’s reading. He has a great down-to-Earth style of writing and I love the way he uses his case studies and numerous examples throughout the book to help the reader understand and fully grasp his concepts. Our daughter is now almost 2 so this was an eager read and a delightful change of pace from the other relationship and marriage books he has written.

This book applies many of the principles of making healthy relationships that Gottman and the Gottman Institute have become famous for, but specifically for new parents. It is readable and eminently practical. There are many real-life stories included as illustrations, quizzes for you and your partner to use to take stock of things, and exercises to improve your relationship.My husband and I read this together during my pregnancy and it was a great investment of time into keeping our marriage strong during the inevitable stresses of parenting. I highly recommend it.

Good book to use for awareness and a preventative. Has good advice on how to stay connected and appreciative of one another during a major life change.

I've made a habit of giving this book to new parents as a gift. I sure wish someone had does that for me and my wife when our first child was born!

My husband and I attended the Bringing Baby Home workshop, developed from this book, and I enjoy the text perhaps even more. Gottman's discussion about the origin of the concept of "spoiling" was fascinating and revealing about our culture and the historical influence behind some prevalent parenting theories. Gottman provides couples the tools, information, and the inpiration to stay bonded to each other and to become bonded to their babies. I found this book valuable and a wife, a pediatric nurse, and a new mother.

I wish I knew aboutÃƒÂ¢Ã â ¬Ã â this book when I was pregnant....

This book is exactly what you need when you want to learn in how to handle future issues when you plan in having children.

I LOVED the book Seven Principles for Making Marriage Work. Unfortunately, this book is simply a remake of that one. Many of the stories are identical, and not much of the information is new. There are a couple chapters related specifically to having a baby, but you could read them quickly at the library without purchasing the book. If you haven't read the other book, this book would be great -- just don't buy both!!

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