

It's tragic, but true, that the first baby often sinks a marriage. Working together to openly discuss changing needs, emotional reactions, and newly identified expectations will help reduce the conflicts that will likely arise if these things are not discussed. Your communication skills will be put to the test in this stage and will prove essential in your adjustment and continued feelings of closeness and satisfaction. However, there are very good reasons why children in general, and babies in particular, tend to make marriages worse, not better particularly as it is so with the dramatic change of lifestyle. Challenging to cope What is really going to change? Not only will you have brand-new things to discuss, but you will also have more conflicts to resolve. You would think that it would be the other way around, that a baby would draw a husband and wife closer together. In one word: everything! The changes begin as soon as you either decide you are ready to have children or find out that you are pregnant.