



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

John Gottman Ph.D., Julie Schwartz Gottman

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Congratulations! You have a new baby.

Don't forget you also have a marriage.

Having a baby is a joyous experience, but even the best relationships are strained during the transition from duo to trio. In *And Baby Makes Three*, Love Lab™ experts John Gottman and Julie Schwartz Gottman teach couples the skills needed to maintain healthy marriages, so partners can avoid the pitfalls of parenthood by:

- Focusing on intimacy and romance
- Replacing an atmosphere 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.

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