

# Postpartum Adjustment Plan

Adapted from Birth From Within  
By Pam England and Rob Horowitz

1. Without consulting with your partner, each of you write down five issues you anticipate could be a problem in your relationship after the baby is born.
2. Share your lists with one another. Listen without interrupting while your partner talks about his or her concerns.  
Try not to be defensive.
3. Brainstorm together; consider (and write down) all possible solutions, including far-fetched ones.
4. From your lists, chose one or two solutions that seem most likely to ease each problem.
5. If you were to implement a solution, what would be your first small step? Write it down. When the time comes, Do It!
6. Think of this as a Postpartum Life preserver, and keep it visible. Hang it on your bedroom mirror or refrigerator.