

Day 100: New Family Reboot

You're 100 days or so into new parenthood, congratulations! You're out of the firestorm and might even be getting a little more sleep.

Now is the perfect time to check in on the relationship that got you into this position in the first place and reinforce the foundation of your new family. Here's a simple process to get the conversation started:

»» Get a Baby-sitter

Sometime around the 100 day mark, arrange for someone to take care of your baby for a few hours so you and your partner can really focus on each other. Consider this your first date, if you haven't gotten around to one yet.

»» Ground Rules

- Keep things light (unless there's a real reason for them not to be).
- Only devote one third of the time to baby conversation. Spend the rest talking about other things like you did before the baby. This is a date.
- Before your date is done, get the next date-night on the calendar, no longer than three weeks in the future.

»» Prepare Your Answers

Each person should come prepared to answer a few questions:

- What can the other person do to make my life easier? (Limit yourself to two items.)
- What do I admire most about the other person as a new parent? (No limit on this one.)
- What do we want for us as a couple?

»» Make Life Easier

You ask Mom: "What are two things I can do to make your life easier right now?" She responds and together you discuss. Then it's Mom's turn to ask you the same question. You respond and together you discuss and work out a plan about how you can help make life easier for the other.

»» What Do You Admire?

Then it's time for you to communicate how much you admire each other as parents. For 100 days you've been keeping a baby alive — there's a lot to celebrate!

»» Team Goals

OK, now for the question that's been on the back burner for a long time: What do we want for us? Talk about what you are each missing the most and how you can get some of it back.

Now, go do something fun!

PREP FOR YOUR DATE

What two things can Mom do to make my life easier?

- _____
- _____

What do I admire most about her as a parent?

- _____
- _____
- _____

What do I want for us?

- _____
- _____
- _____

What am I missing most?

- _____
- _____
- _____