

New Dad Survival Guide - Marriage After a Baby | Dad University

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SUMMARY

New dads face unique challenges in their relationships after the arrival of a baby. This video offers essential advice to help fathers navigate these dynamics and maintain a strong marriage.

- *Listen to your partner without trying to solve her problems; she needs your support, not solutions.*
- *Avoid complaining about your own challenges; recognize the sacrifices she has made during pregnancy and childbirth.*
- *Offer unsolicited help by taking initiative with tasks instead of waiting for her to ask.*
- *Schedule regular time away from the child to reconnect as a couple, even if it's just for a few hours.*
- *Compliment her on her parenting and other non-physical attributes to show appreciation.*
- *Reflect on your own behavior when issues arise, as changing your approach can lead to different responses.*
- *Lower your expectations of your partner to foster a more positive interaction.*
- *Express love frequently through texts or notes, focusing on affection rather than physicality.*

being a dad isn't easy and that little bundle of joy can sometimes bring new dynamics to the relationship you know things like sleep deprivation or lack of desire or time obligations well in today's video we give you relationship advice to help you survive your marriage after the baby comes along hello guys

I'm Jason Kreitman and this is dad university this video is crucial to help new dads survive marriage after having a baby study this video replay it send it to a friend who just had a baby or is about to have a baby pass this video down from generation to generation okay that that's enough you understand what I'm saying this video is really important tip number one listen to her instead of

trying to solve her problems we men have a tendency to try to solve problems instead of just listening she doesn't want your solution she just wants you to listen tip number two don't complain now she's the one who carried the baby and went through childbirth well you maybe had to deal with some mood swings and some other fun stuff that ain't nothing compared to what she had to go through so suck it up and stop complaining about

anything you can think it just don't say it advice tip number three offer help unsolicited don't ask her if she needs help make a statement to help for example maybe she normally picks up the kids from somewhere you can say hey I'm gonna go pick up the kids tonight or maybe she we makes dinner so you could offer I've got dinner covered tomorrow night I'll handle it tip number four playing time away from the child if you can do a

weekend awesome if not do it overnight and if you can't do that just go to dinner for a couple of hours just get away just the two of you tip number five give her compliments now give her compliments on something non physical or non-sexual you're not looking for anything in return compliment her on what a great mother she is or something she did that you really appreciate tip number six if something is bothering you

in the relationship look at how you might be able to approach it differently in order to get a different response it's really hard sometimes to accept the fact that it might not be the other person with the issue sometimes we have to look at ourselves and see how we could change our behavior in order to change the way that somebody responds to our behavior number seven reduce or eliminate expectations this one could be tough for many men are you placing too

high of expectations on your spouse try reducing your expectations and see how that affects how she responds to you and our final tip number eight say I love you more send her a text during the day or write her a note now please guys don't make it sexual just be loving and nice that's all for today I hope you enjoyed these tips be sure to click on the thumbs up and subscribe to our Channel we create a new video for you

guys every week we'll also put a link to our merchandise store in the description below we'll see you next time you