



Created by:  
Chelsea Skaggs

# How to Use this Bundle:

*Hey momma- welcome. I am so happy you are here and making intentional space for growing your relationship. There is no perfect way to be a partner or mother BUT there are tools that you can put into place to strengthen your connection, confidence, and communication.*

**Conversation starters:** These prompts were designed to start a meaningful and insightful conversation. Use them at times you can both be present together- don't rush it. You may want to have one night a week scheduled for a couples chat or a date night for example.

**Sample letter to partner:** Sometimes it is hard to put your feelings and thoughts into words. Use this to help you map out what you want to express to your partner. You can fill in this template to start a conversation with your partner or to print or handwrite it as a letter to give to your partner.

**5 Ideas for Each Love Language:** If you don't know your love language and your partners, take a [quick quiz here](#). These ideas will help you to meet your partner's love language and share with your partner how they can meet yours.

**In-Home Date Ideas:** Having a fun date doesn't always have to require a babysitter and lots of logistics. Some seasons call for more in-home dates and these ideas will take the guess work out and help you build in connection times!

**Value Roadmap:** If you are not sure where you are headed, you will get pulled in all different directions. Identifying your top 3-5 family values allows you to focus on what matters most, and let other things not be so stressful.

**Resources:** To make things easier for you, I have also compiled my favorite resources related to relationships after baby. You can go directly to the resource by clicking. No matter what your roadblocks are, these resources can help you sort them out and keep growing together.

*\*May contain affiliate links*

*Momma friend- I know what it feels like to have a season of disconnect. It's lonely. It's confusing. You want to be more present with your partner but you are pulled in so many directions. You aren't broken. You are not alone. You are in a big transition and having support can help you get to the next level. I'm thankful you've allowed me to be part of the support. I'm cheering you on hard core!*



# Conversation Starters

When you \_\_\_\_ I feel close to you.

Something I love to see in you as a parent is \_\_\_\_.

I expected to experience \_\_\_\_ after having our baby, but I didn't expect to experience \_\_\_\_.

What are non-sexual ways you feel connected to me?

What is something new you would like to try?

My body feels so different to me and it has an impact on me by \_\_\_\_.

How did you see your parents connect or not connect growing up? How does that impact your expectations?

Growing up, what are some times you felt understood, validated, and loved?

If we could go back to any memory we've made together, what would you choose?

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# Sample Letter to Partner

Hey babe,

When we decided to have this baby, I knew a lot of things would change. I knew we would get less sleep and have more financial responsibilities. I knew we would have to figure out work and childcare and scheduling. I knew we would need time for recovery and figuring out how to feed the baby. What I didn't know, though, was how much it would impact the time we have for our relationship.

Even when we are often together, I miss you. I miss us. I miss the time we used to have to laugh and talk. I miss the spontaneous make-out sessions and late nights in bed. I miss the silly sexy dances we used to do. I know they aren't gone forever, but right now I'm exhausted- mentally, physically, emotionally, and sometimes those things feel so far. I want to find ways to be more connected in this season. Can you remind me that even with the changes in my body, you still think I'm a great catch?

Can you support me in the things I need to do to take care of my body and figure out what is good again? Can you be patient with me as I figure out how to feel mentally, emotionally, and physically present? Can you share honestly with me when you have needs too?

I want to figure out how to feel less overwhelmed and be able to be present again. Can you help me? Can we find ways to split the mental and emotional load and have intentional time to connect?

I want our connection and intimacy to be even stronger now- in parenthood. It feels weird to even have to talk about this because we've been through so much together. I know it seems strange to revisit our communication patterns, love languages, and how we meet each other's needs. So much has changed and I want this change to be really good for me, for you, and for us together.

Love ya.

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# 5 Ideas for Each Love Language

## Acts of Service

- Take care of something on the to-do list without being asked
- Ask what you can do to alleviate stress, not fix it
- Make a big day easier by prepping meals, diaper bag, etc.
- Do their least favorite chore
- Put gas in the car, get the oil changed, etc.

## Words of Affirmation

- Write your partner a letter
- Set a reminder to send a loving, flirty, encouraging, supportive, etc text each day
- Look around and say "Thank you" for the things you appreciate
- Compliment your partner in front of friends
- Note something you enjoy about their personality- and share it with them

## Physical Touch

- Hold hands during an argument/disagreement
- Offer a back rub after a long day
- Never leave the house without a hug and/or kiss
- Give longer than usual hugs
- Initiate intimate moments

## Gifts

- Bring home a memento from a trip
- Surprise them with a "just because" coffee or lunch
- Remember big dates and commemorate with a gift
- Bring home favorite flowers, special treat, or coffee
- Keep "thought of you" gifts for random times

## Quality Time

- Schedule a date for the two of you
- Turn off devices when you have time together
- Only cancel plans if it is totally necessary
- Go to bed at the same time when possible
- Learn or experience something new together

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# In-Home Date Night Ideas

1. **Living Room Serenade:** Set up pillows, blankets, candles, and your favorite apps and drinks in your living room (or other favorite space in the home. Put your phones away and have intentional conversation
2. **Playful Kitchen:** Enjoy an evening of cooking without stress. Set a menu beforehand, put on some of your favorite music, and create together.
3. **Wine, Beer, or Tea Tasting:** Get 5-6 different varieties of your drink of choice. Bonus: get cute tasting glasses. Make voting cards and enjoy discussing your notes on each sample. Use fancy voices if desired.
4. **Spa Night:** Everyone needs some relaxation. Grab a couple of masks, foot soaks, etc. Dress in your robes (or birthday suit) and enjoy treating one another.
5. **Competition Night:** Pick your method: Card games, board games, video games or games you set up with your kid's little tyke toys. Either way, have fun. Bonus: winner gets to choose a sexy, fun activity.
6. **Stargazing:** Take your blankets and a favorite drink outside and study the stars. You can use an app like Sky View to discover stars, planets, and constellations
7. **Virtual Tour:** Is there a museum or national park you love or dream of visiting? Many have virtual tours available now. Cozy up for one and enjoy our visit!
8. **Movie & Popcorn Bar:** Whether it's a classic you both love or a new movie you haven't had the chance to see, cue it up and enjoy it with a popcorn bar (Might I suggest butter, cheddar AND kettle as options?!)
9. **Couple's Yoga (& Shower?):** Yoga together can be a great, gentle way to move your bodies and work together. You can pull up some great options on Youtube or take a class together. If you're feeling connected, follow up with a steamy shower together.
10. **Learn New Thing About Eachother:** No matter how long you've been together, there is always something new to learn. Try one of these quizzes or descriptors to get to know yourself and your partner better:

[Numerology](#)  
[Enneagram](#)  
[Birth Chart](#)

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# Value Roadmap

Read first: Identifying Your Family Values

**Our Long-term family goals:**

**Traits needed to reach those goals (Long list)**

**Experiences/Times in our lives major traits have stuck out:**

**3-5 Overarching theme traits we can focus on as a family:**





# Resources for your Relationship

[Finding a Pelvic Floor Therapist](#)

[Finding a Mental Health Therapist](#)

[Connection call](#)

[Mastermom](#)

[Spark Challenge](#)

[Back in the Sack eCourse](#)

[Cocolube](#)

[Good Clean Love](#)

[Love Lingual Conversation Cards](#)

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