

The chaos of meeting the baby's demands will tire both of you out. Many nights of interrupted sleep are common. The baby will cause you and your partner to jockey schedules. You may even have to alter your own work schedule to allow for the care of the child – many employers offer paternity leave these days. But once there is some consistency, insure that you make your partner feel like a loved woman. Do something for her as often as you can think of it. Stop by a florist or the grocery and grab a bunch of fresh flowers. Buy a pretty gown. Get her a piece of jewelry. Tell her you love her.

Many times, due to the bustle of having a newborn, we spend most of our attention on the child's needs. But, the mother is the support system for the baby, and insuring she doesn't get overwhelmed or depressed should be your chief concern. You are designed to love the woman, and she may really need the support when she is burning the midnight oil caring for a child. This becomes magnified when a baby gets sick.