

SUGGESTED COUPLE ACTIVITIES

Try these activities to help you improve the intimacy and closeness between you.

☺ Spend some time nude with each other.

Birthing women, especially those who birth at home or in birthing centers, often spend a lot of time nude. There will probably be others present while she is nude. How do each of you feel about this? Are you both comfortable with it?

Spend this time together re-discovering nonsexual touch. In many relationships, the only time we touch one another for any length of time is in the context of sex. Touch is healing and calming and is especially valuable in labor. Discover how each of you likes to be touched. Is his “firm” massage firm enough for you?

As your labor nears, consider doing perineal massage. This kind of touch helps a woman to bring her focus into her pelvis. This may be uncomfortable for some women, but the more comfortable we are with this area of our bodies, the part where our babies come out, the better it is for our birthing. Perineal massage instructions are included in Section 8 (Preparing for Labor and Birth) in this binder.

☺ Consider writing love letters.

Write letters, privately, each of you to the other. Save them for a quiet moment early in labor when you can read them to one another or simply exchange them for private reading. Love gets babies in and it gets babies out! Sharing your love for one another is very valuable always, especially in labor.

Write a letter, together or separately, to your baby. You can also read this letter to your baby in early labor or have it read to you in labor. It is sure to be a treasured possession of your child's when he or she is old enough to receive it.