

## **E. SEX AND BIRTH CONTROL**

### MODULE 8

Your sexual relationship is another area of your life that will be changing as you adjust to parenthood. Learning to share and care about each other in a new way can add warmth and depth to your relationship and allow you to discover each other all over again.



A new baby turns a woman into a mother, a man into a father, and a couple into a family. Your relationship as a couple still exists but you can expect some changes.

Some couples have trouble working out a new relationship that is satisfying to both. The key is to talk about how you feel. Be open with one another. A sense of humour can help too.