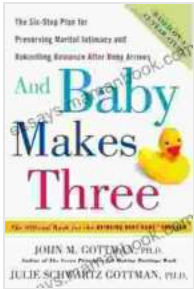


# And Baby Makes Three: A Long-Term Perspective on the Impact of Children on Marriage



## And Baby Makes Three: The Six-Step Plan for Preserving Marital Intimacy and Rekindling Romance

**After Baby Arrives** by Julie Schwartz Gottman

★★★★☆ 4.6 out of 5

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Enhanced typesetting	: Enabled
Word Wise	: Enabled
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The arrival of a child is a major life event that can have a profound impact on a marriage. In the short term, couples may experience increased stress and conflict as they adjust to the demands of parenthood. However, over the long term, children can also bring couples closer together and strengthen their bond.

A study published in the journal "Developmental Psychology" found that couples who had children were more likely to report feeling close and connected to their partners than couples who did not have children. The study also found that couples with children were more likely to engage in positive communication and to resolve conflict constructively.

Another study, published in the journal "Marriage & Family Review," found that couples who had children were more likely to report being happy and satisfied with their marriages than couples who did not have children. The study also found that couples with children were more likely to stay together over the long term.

Of course, not all couples experience the same benefits from having children. Some couples may find that the demands of parenthood put a strain on their relationship. Others may find that they have difficulty adjusting to the changes that come with having a child. However, the overall research suggests that, in the long term, children can have a positive impact on marriage.

### **Factors That Affect the Impact of Children on Marriage**

There are a number of factors that can affect the impact of children on marriage. These factors include:

- The age of the parents
- The number of children
- The gender of the children
- The temperament of the children
- The quality of the parents' relationship
- The social support available to the parents

Couples who are older when they have children are more likely to have a positive experience. This is because older parents are more likely to have established a strong relationship and to be financially stable. They are also

more likely to have the maturity and experience to deal with the challenges of parenthood.

Couples who have more children are more likely to experience stress and conflict. This is because more children require more time, energy, and resources. However, couples who have a strong relationship and who have a good support system can usually handle the demands of having multiple children.

The gender of the children can also affect the impact on marriage. Couples who have children of both genders are more likely to report feeling close and connected than couples who have children of only one gender. This is because children of different genders tend to have different interests and needs, which can help to keep the relationship fresh and exciting.

The temperament of the children can also play a role in the impact on marriage. Children who are easygoing and well-behaved are less likely to cause stress and conflict than children who are difficult or demanding. However, even children with difficult temperaments can have a positive impact on marriage if the parents are able to work together to provide a stable and loving environment.

The quality of the parents' relationship is one of the most important factors in determining the impact of children on marriage. Couples who have a strong and supportive relationship are more likely to be able to handle the challenges of parenthood together. They are also more likely to be able to communicate effectively and to resolve conflict constructively.

The social support available to the parents can also play a role in the impact of children on marriage. Couples who have family and friends who

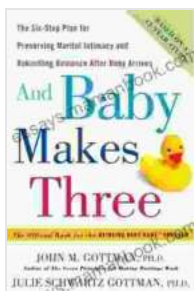
can help with childcare and other tasks are more likely to be able to cope with the demands of parenthood. They are also more likely to be able to take time for themselves and to maintain a healthy relationship.

## Tips for Coping with the Impact of Children on Marriage

If you are planning to have children or if you are already a parent, there are a number of things you can do to cope with the impact of children on marriage:

- Make sure you have a strong relationship with your partner before you have children.
- Talk to your partner about your expectations and goals for parenting.
- Be prepared for the challenges of parenthood and be willing to work together to overcome them.
- Don't be afraid to ask for help from family and friends.
- Take time for yourselves as a couple and make sure to maintain a healthy relationship.

Having children can be a challenging but rewarding experience. By following these tips, you can help to ensure that the impact of children on marriage is positive.



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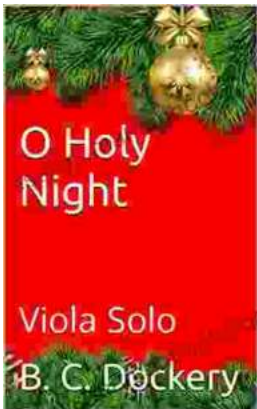
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