




HEALTHY RELATIONSHIPS

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If you have a relationship with your partner
during pregnancy, having a healthy
relationship can help to lower your own
stress during pregnancy. This will make for a
better environment for your baby to come

into.

What makes for a healthy relationship?

- ◇ A safe space where you and your partner are able to express your feelings
- ◇ Sharing the joys and pains of life
- ◇ Growing both as a couple and as individuals



- ◇ Shared determination to work on the relationship and help it succeed
- ◇ No abuse (see the “Domestic Violence” page)
- ◇ Commitment to each other sexually and emotionally
- ◇ Material needs are met (food, water, clothes, shelter)
- ◇ Encouraging positive values
- ◇ Common vision
- ◇ Sharing basic values
- ◇ Shared sense of independence

How can you tell if you're in a healthy relationship?

- ◇ You appreciate his unique contributions to the relationship, and your partner respects yours
- ◇ You are together because you want to be - not because you fear being alone, want sex, or are seeking revenge on an ex-partner.
- ◇ You both avoid competition. Instead, you respect each other's way of doing things, cooperate with each other, work as equal partners, and help each other reach goals.
- ◇ You both are assertive, rather than aggressive, in your communications

with each other. The difference between aggression and assertion in relationships is that aggressive people try to control others. They think in terms of 'winning and losing'. They tend to make unreasonable demands, threats, or excuses for themselves. Being assertive helps relationships by stating your needs and wants without attacking, blaming, or making excuses. It means you stand up for your rights and can say no when you need to. You are direct about your feelings without apologizing for them and respect the rights of others.

Your relationship is equal, meaning that you make decisions together, respect each other's boundaries, and are a team.