

Think Tank: Baby makes three

Speakers:

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Angee Bell: This month, we have a special podcast, Baby Makes Three. Erica Hanlon connects with James Shaw and Emma Marquez to talk about how having babies can impact a relationship and they share some pretty helpful tips as well. Check it out.

Erica Hanlon: Hi everybody, my name is Erica Hanlon, licensed professional counselor and life coach and you are listening to Think Tank. And today we are bringing you a really fun episode, where we're going to talk about having babies and how it impacts your relationships. And we've got two amazing guests. We've got James Shaw, father of one and podcaster for the podcast entitled Positively Dad, check it out. It's great. And we've also got Emma Marquez, a new mom of one, too. So James, why don't you tell us a little bit about yourself and then Emma, you can introduce yourself too.

James Shaw: Awesome, Erica. Thank you so much. Yeah, my name is James Shaw. I live in the Tampa Bay area of Florida and my wife, Terry and I are proud parents to an eight year old girl. Her name is Naomi and it's a ton of fun and we've learned a lot through the process too. And that's why I'd started the Positively Dad. So thanks for mentioning that. Just to kind of be a resource for dads too. So I'm honored to be your dad representative today.

Erica Hanlon: All right. And Emma, tell us about yourself.

Emma Marquez: Hi, there. My name is Emma and I am a new mom, well recently new. My husband, Sean and I had our little boy about a year ago. And so we are new parents and learning everything we can, every single day.

Erica Hanlon: Awesome. Oh, I forgot to say that, I'm a mom too. I'm a mom too! So I have twins. They just turned 10 and then I have a seven, soon to be eight year old. So for me being a new mom was mostly a blur, which is why I thought it was really great to get other people on to talk about

having a kid and how it impacted your relationships. So James, let's start with you. How did having Naomi affect your relationship?

James Shaw: Yeah. What was fun with that, Erica was, first of all, so, Naomi kind of came in at her own timing. She was six and a half weeks early. And so we weren't necessarily ... I guess we were prepared and not prepared and we didn't go through what a lot of parents go through with pack the bag and now we're ready for this transition in our life. We were just told, "Here she is." And so then that led to different things that at home we weren't ready and just different stuff that happened there.

So the first year was really just hectic and it could be challenging at times, we were just figuring it out. And what happened for both of us quite frankly, was a little bit of a drift. And so for the two of us in our relationship and so that's why we had to make some changes on that and why I'm so happy you're doing this, so that as parents do have kids come into their world and they enter that joyful time that they might be able to have some conversations upfront that makes sure that us as partners, we stay connected to.

Erica Hanlon: Right. What about you, Emma?

Emma Marquez: It was a change for sure. And I think, you can do as much as you can to prepare for it, but you really don't know until you're experiencing it and you kind of just have to go with it. But I will say that having Alex, has definitely changed our relationship in a lot of different ways. In a lot of really great ways, but at the same time we didn't have family. And luckily we do now, we have my brother and my sister-in-law here, but when I had Alex, we didn't have any family down here and our friends don't have kids. And so we didn't know really what we were in for. And the first couple of weeks were, I will say they were very overwhelming, as first-time parents, but then also really being on our own. And we did ask for help from some friends when we felt comfortable, but it's a learning process.

Erica Hanlon: Yeah. For me, when I think about the first year, having twins, I think maybe as its whole own thing anyway, but that whole first year it's like you're just in survival mode. You're just trying to get through it. And I think the focus really isn't on your relationship. In fact, when I think about all the resources, you're having a baby books, which James, I'm glad you're here because I think all those books are written for moms. There may be like one book on the shelf, if you go to the bookstore for dads, but all of it's about like, "Hey, your baby's the size of this fruit or this vegetable." And there isn't a lot about your relationship with your partner and how to navigate that after the baby comes.

James Shaw: Yeah, you're exactly right. I mean, if you look at this, in that space, it's like 90, 10% mom, as far as any of that. And that's because moms are the ones quite frankly, who make the spending decisions when a baby comes in. And so that's who the marketers want. Truth is though, that there's two of us in this partnership. And I don't want to act like, that the first year is horrible. The first year is amazing. You've welcomed this baby and you've grown your family and it's different. And if we aren't prepared for how to handle the different, then it can get funky.

Erica Hanlon: Yeah. Yeah. And for me, it was like we really had to be a team. Like we depended on each other so much. So while the focus isn't so much on like date nights, say. The relationship is still so important during that time because you are depending on each other. I mean, you just can't it all by yourself. Let's talk a second about postpartum depression because and I'll share. I experienced postpartum depression and my husband Brendan, he was very helpful in helping me identify that, maybe things weren't like quite right with me and helping encourage me to get help. What are your thoughts about postpartum depression for moms and dads and how we can look out for each other?

Emma Marquez: I think after bringing Alex home, you mentioned your experience Erica, with postpartum depression. My husband was very patient. That was something that he was prepared to just kind of keep an eye on. And he did very good in communicating with me like, "Hey, how are you feeling?" He would check in with me constantly. And I really appreciated that and it wasn't until later on that once he went back to work, because he didn't stay home from work for very long. I think he must have been out of work for maybe about a week. And then he went back to work and things kind of shifted just a little bit. I wasn't able to communicate with him as much just because he was at work earning for our family and I was at home. I felt a little bit of resentment that he wasn't always there. His workday sometimes it's eight hours, sometimes it's 10, sometimes it's 12. It's just the nature of his job. And it felt a little frustrating sometimes when I didn't know what time he was going to come home and here I have this baby who's completely dependent on me and yes, it's a beautiful thing, but at the same time it's a change.

And it's something that I've never experienced and I've helped take care of my relatives kids, but it's just a new type of change. So we struggled a little bit with that. And I think just communication was very helpful afterwards. I know I found myself kind of picking and ended up getting into maybe some arguments, when I think that they could have been prevented. If I would have just talked a little bit about how I was feeling, once he went back to work.

James Shaw: Erica, it's all about communication and having both of us on the same page. The other thing that's really important is that postpartum depression is not uncommon. This is something that moms experience all over the place, Terry did as well. The thing that I don't think we realize is that dads can experience postpartum depression as well. And I talked with Dr. Erica Chang she's at Indiana University and she did the research on it. And she said, "It's just as common for a dad to experience it, as it is for a mom." And the challenge is that, Emma, when you go in and see your doctor, your doctor's going to check and ask you, "Are you experiencing any of these symptoms that might be related to postpartum depression?" Because, she knows to check for that and ask for that.

When dad goes in to see his doctor, the doctor's not asking, are you experiencing any of these things because we're not used to it. So I would just say for dads out there, new dads, be aware that especially, if your partner is experiencing postpartum depression, then the likelihood that you would experience it goes up because when you hang out with people who are depressed, you in turn can become depressed. Are you experiencing irritability or sadness or agitation or anger? And if you are, don't hide that, to be general, men often do. So don't hide that and go to your doctor and say, "Hey, I'm experiencing these. Do you think I might be suffering some from some type of depression?" Because we want both partners to be happy and moving forward, because we've got also now a kid or in your case two, in the house all at the same time. And so we want to be on the same page.

Erica Hanlon: Yeah. And we recently did a webinar on postpartum depression, we did it last year. And there is a section in there about dads and how common it is for dads and some of the risk factors. And I think the number one risk factor for dads in developing postpartum depression is that their partner develops postpartum depression. So if, you notice that your partner has postpartum depression, it's really important that you're also in tune with yourself and what's going on with you and getting that help, Like you said, James. It's so important. And you're not getting those follow-up appointments. You're not being asked to fill it up, fill out the questionnaire when you are the partner that didn't give birth. Taking the initiative to do that, is so important. I'm really glad that you brought that up around dads, because I think, that's a big misunderstanding that people don't recognize that. Let's talk about, like what your biggest struggle was after having a kid. What did you struggle most with, with your partner?

Emma Marquez: I think for me, and I touched base on it, was just sometimes feeling resentment for not feeling supported when my husband was at home

and feeling overwhelmed with the new baby. Myself, I struggled with nursing when Alex was newly home and that was just another layer of stress. And so for me, just that communication piece, I think I really struggled with at the very beginning. So I think that for us was what we struggled with.

Erica Hanlon: Yeah. What about you, James?

James Shaw: Yeah. I think the thing is, mom goes through so much and we just don't have any idea. We don't know the challenges she's going on with, what she's thinking about. Emma, you mentioned trouble nursing. And I know Terry had that as well, and it was not a pleasant experience for her. And you go read every Instagram account though and there's like this time period, you should be nursing for this many years. And, and Terry was over it after like five minutes. And so here's what I learned as her partner in this, was my job was to listen to her and have empathy toward her. And that was my best way to be a partner. Well, that's not how I'm wired. So if we come and go, "Hey, James. Gosh, this is so frustrating and I'm having trouble nursing." Well, then I want to go read the articles and find the books and do the things to help her. And hey, let's call somebody. And she just wants me to go, "Honey, I am so sorry, what can I do to help you?"

Erica Hanlon: Yes.

James Shaw: So I think that was the biggest thing that I learned was, the way that you help is listen and be empathetic. And just sometimes she wants to talk.

Erica Hanlon: Yeah. You know what? So I had trouble nursing too, well just with the twins. They were preemies. They were in the NICU for three weeks and they wanted nothing to do with nursing. They just wanted a bottle, but I was pumping, all the pressure is, you need to be giving them breast milk. It's what you have to do. And I was up at like 4:00 AM and pumping and then spilling it in the kitchen and like crying in the kitchen because I had spilled all this milk and I was so stressed out about it. And then my husband got stressed out about it. And his way of trying to support me was to tell me to stop. He told me to stop doing it. And I remember having this conversation about ... He was trying to be supportive. He's telling me to stop pumping. And I was like, "No. No. Stop telling me what to do! This is important to me. This is what I'm supposed to be doing. I just want you to like, listen to me and about how hard it is, and maybe go get me a drink, while I'm stuck on the couch with this machine and get me a snack."

But you're right, he went right into fix it mode. That was what he was trying to do to like be supportive. But that wasn't what I needed. I think what's really hard, especially if you're a first time parent, is you don't really know what you need until you're there. So it's not like something you can plan ahead of time. Like, I'm going to need you to get me snacks, while I'm on the couch.

James Shaw: So here's the deal on this, and I think for your people who are listening, whatever decisions you make about different things are the right decisions for your family. As you go through the process and figure out what's right for you, then it's right for you. As long as you figure that out. I'd say, be careful on reaching out to people and going, "What am I supposed to do here?" Because then you get their version of what they did and what worked for them. And that might not work for you. So what I'd recommend is, as a couple, that you guys are talking and that you're in dialogue and listening to each other, so that you for your family can figure out what's right for you, based on what other people say.

So Erica, you don't have to go, "Hey, I'm in mommies of twins club and they're all doing just fine with this and this. So I should too." Well maybe not, maybe your husband's right. And just stop, just stop and move on. And that's where the relationship comes into play.

Erica Hanlon: Yeah. And I think figuring out why you're doing what you're doing, are you doing it to meet some kind of pressure or are you doing it because it's what you feel is best for you and your family? I think you have to evaluate that independent of what everybody is telling you, you should do. It's tough. So let's talk about what really got you through those tough times, right after you had a baby, what maybe helped you the most?

James Shaw: Time. I mean, that was the truth. It was a matter of, you just had to have time happen. The thing that helped though was, then the realization that we were drifting. So not until we realized we were drifting, could we do anything about it. So I would say, get your awareness up about what's the status of your relationship.

Erica Hanlon: Yeah. Yeah. Emma, what about you?

Emma Marquez: Yeah, I think after I began feeling really frustrated and I think that in turn made my husband feel really frustrated. I had to take a step back and realize that this is also new for him. Although, he wasn't staying home with the baby all day, he also felt a lot of pressure on his end. He felt like he needed to go back to work, to be the provider for the family

and then still come home and try to help out as much as he could. And I do think that communicating was really helpful. One of the areas that we struggled with, was not feeling like we could go on dates. We were first time parents, we were a little scared and cautious of the thought of leaving our baby with someone, even if it was a friend, my friends don't have kids. Although, I've seen some of them interact with their nieces and nephews, it's just a little bit of a protective factor. It was there for a while. And so I think my best advice would probably be to take some time for yourself and go on dates. I think they can go a long way.

James Shaw: And I know that Terry got a lot of help and support by hanging out with other moms. I'm sure that organizations near you have some sort of group or club that you can join, where you bring the babies and they get to play and the moms get to hang out. That helped her a lot. And then Emma, I'd say getting the date night back in. So we did that after a year and we did every week, it was every Wednesday. So I'd say you got to do the date nights. So the first one of those we did, we went to a store and it was like so great to go to the store without our kid there and just shop. And quite frankly, going to the nicest restaurant in Tampa would have been cheaper than our visit to the store, it was so wonderful.

So I would definitely make sure that you get them on there and you can't do it too early. It's okay, you can find that time, even when you've got little, little, littles at home to spend time together, even if they're napping and you say, "Okay, we're going to go in the kitchen and we're going to have a cup of coffee together and just chat about anything other than the babies."

Erica Hanlon: Yeah. Right after our last one was born, we had, I felt like, all of our family members came. I remember there was one afternoon where we had all the grandparents. I think we even had cousins at the house. And for some reason, there was an errand that had to be run and we decided to go on it together, just the two of us. And I remember being in the car and we were like, "Oh, this is so nice. We're just in the car and nobody else is around. And maybe let's just sit in the car for like a few extra minutes and not go inside." After we got back, like, "Let's just sit here and it's quiet and there's no baby screaming or crying or needing anything. And nobody needs us for like five minutes." It was awesome.

James Shaw: And you know what's great about that? It doesn't mean that you don't love the babies. You absolutely love the babies. You also love the time that you have with your partner, which is how this whole thing started anyway.

Erica Hanlon: Right. Exactly, exactly. And also the thing about going to the store on dates, we still do that. My kids are older, but we're still like, "We can go to the store and we could go by ourselves and nobody's going to ask for stuff and it will be amazing. We'll also be very efficient and get everything done." It's so good, we still do that. We're not very exciting. Let's talk about parenting styles because when you have a baby with somebody, they have their own background, you have your background. You may have different thoughts about how to raise a child.

Emma Marquez: Yeah. So I think that this one for us is still going to change over time. I think we're going to start to see more of a learning curve on this as far as parenting styles, but we have sat down and talked about it. My husband and I come from different backgrounds. He's got a different ethnicity and the discipline that was used for him when he grew up is very different from discipline in my household growing up. And so we have talked about that and I think the most helpful thing for us is coming to a compromise on how we would like to discipline. How would we like to use discipline with Alex, once we get to that point and with the 15 month old, we are definitely getting there. So I think that has been helpful just coming to a compromise.

And I know as we get a little bit more into the terrible twos and threes, I think, we'll have to revisit that as things start coming up. But I think definitely talking about it, it would probably be the most helpful and reading what's out there. And some of the research to see what new things we might need to learn about.

James Shaw: So I think what Emma is saying is exactly right, that if we talk about it and communicate, we're going to be in good shape. I don't know that either way is wrong. I do think though that if we can talk about it, then we can have agreement that while we're talking to our kids, we're just going to let whichever parents kind of rolling with it, go. And then we can talk about it one-on-one later, as to maybe I ought of done this or could we have looked at that? And Terry has done that with me. "James. I mean, really? Is that where we needed to go there with that? Was it really that bad?" And usually Terry's right. Except in the moment, she'll say something like, "Hey, daddy's talking to you, you need to listen to daddy." And then we can talk about it later to get on the same page.

Erica Hanlon: So I totally agree. I think backing each other up is so important and especially when your kids get older, they're going to try to play that game. I mean, I tried to play that game when I was younger. Like, which parent is going to give me the answer I want. And maybe, if this

parent didn't give me the answer I wanted, I would go to the other parent. And so backing up the other parent, at least as much as you can, because let's be honest, sometimes they get you. Those kids, they'll of trick. You didn't know that the other parents said no and then you say yes. But when we've caught them out for that, there's a consequence, there's a consequence that you got an answer from this parent, you didn't like it. So then you went to the other parent. And so having that united front and being on a team is really important, at least in front of the kids. I mean, we're not always going to agree, but having those discussions sort of offline, not in front of the kids is great.

James Shaw: Well, and talk about it now. If you're expecting, or you got littles, you got under one, where you're not really doing a lot of that stuff. Let's have a conversation with our partner about what are our expectations when it comes to that.

Erica Hanlon: Yeah.

James Shaw: And also for the record, Erica. You never got in trouble. So I don't want to hear anything about how you went from one parent to the other because you were the Mary Poppins of Lawrence Central High School. I'm going to tell you.

Erica Hanlon: [Laughter]. One more thing just to say about this is, that kids, especially when they get older or even when they're toddlers will push your buttons. I worked in group homes, I worked in jails. I've had kids get in my face and like call me all kinds of names. And I never had my buttons pushed the way I have them pushed as a mom. My kids say things that make me so mad. I love them. They are my special treasures. They make me so mad. And so, one thing that I think is really helpful, when you have a partnership is to tap the other person out, if you see them getting upset. They are getting upset enough that they're probably not in the best place to be handling the situation. Why don't you go take a little break, I'll take it from here. That's been really helpful for us.

James Shaw: While I know that not all parents are two parent families. We have plenty of single parent families. I have said before though, that the reason why there are two parents is because one can always handle it. And so for us, it would be, "All right, Terry. You're taken over, it's your turn." And that doesn't happen anymore. One and two and three years old, or Terry would go, "James, you're up." And by the way, I could go in and it was fine. It was fine. So yeah, recognizing when you're there. My mom was a single mom and so when she raised me, it was my grandma and my uncle who helped her. And there were times, she told

me. One time, she called grandma and said, "If you love your grandson, you will come over here and take over." And so I applaud my mom for being willing to reach out and say, "I need help." And I'd encourage all of us to do that.

Erica Hanlon: Right. It's a lot for one person. It's a lot for one person. And even, if you don't have support around you, taking that time out yourself, put the child somewhere safe where they're going to be okay. And go outside, take some deep breaths, do what you need to do to have a breather, I think is really important.

Emma Marquez: I think for me, and also for my husband as well, definitely trying to practice self-care. It's a little hard when you have someone you got to care for around the clock, but it's really important to make time for not only your partner, but for yourself as well. Making sure that we're able to get enough sleep. I think one of the most helpful phrases for that time and probably for the first three months was sleep when the baby sleeps. So anytime that the baby would go down for a nap, that meant that it was nap time for me as well. That kind of helped me get a little bit more rest. I would say that nutrition really helped as well, it did help me feel a lot better when I was eating very healthy foods and foods that had a lot of helpful nutrients. I would say it was really helpful. And also just making sure that we're setting time, if I could read or go out for a walk. I found that to be really helpful.

Erica Hanlon: Yeah. James, can you give any insight as a non-birth giving parent about how you provided support around things like feeding the baby, or even just like getting up in the middle of the night to feed the baby? I feel like two big sources of stress for parents with a new baby, relate to feeding the baby and sleep, which sometimes they go hand in hand.

James Shaw: I remember saying to Terry, "I want to help, let me get up in the middle of the night and help." And it actually frustrated her. She said, "Well, what Naomi wants, you can't give her." Which is true. And so it was still a sense of frustration for her. And so we struggled with just even Naomi sleeping at all for periods of time. So what we did is, Naomi would only sleep ... And you know the little pillow that's kind of round, you set the baby up in the pillow. And that's all she would sleep in. Not the bassinet, not the crib, nothing. She would sleep on the floor in the little pillow thingy that held her up.

So we would want to be around for that to watch her. So Terry would stay up until like one or two o'clock in the morning. And then I would get up at one or two o'clock in the morning and that's when I started my day. So I'd go to bed early, maybe eight o'clock and sleep. Terry

would go to bed at like one and then she'd sleep for who knows how long. And that's how we did the first couple of weeks. And that was just a way I could help. "Hey, I'll get up super early so that you can go to bed and I'll take care of everything possible. I'll watch her, we'll supervise her and make sure she sleeps. We'll take care of everything." And that was just my way to help. And then anything else.

"So can I make more meals than normal? Which I cook anyway, could I make more meals? What can I do to clean the house? What help could we bring in to help with some of that stuff? Bath time. Oh, my goodness. I feel like we didn't know how to do a bath and we found out. I read it in a book finally, how to do the first bath and we did everything wrong. So I remember the next time we turned the heat up to like 85 in the house and all these things to make sure she was warm and the whole deal. So just being willing to research and learn stuff, too. Dads, we just got to step up and get that biologically there's stuff we can't do. And what we can do though, is be support and help whenever.

Erica Hanlon: Yeah. I love that. So let's talk about what tips you would give new parents who are about to have a baby and how to take care of baby, but also how to take care of their relationships.

James Shaw: I'll start and I'll go, "Go find out your policy for leave and take the time." I'm talking to dads too. FMLA will allow a mom and a dad to take 12 weeks unpaid time off, and your job stays there. And by the way, your employer may not realize that dad has that right as well. So you might even have to check with your HR, remind them that that is available to you. And if you can take it, take it. Also, if your company offers any type of paid time off, take as much of it as they'll give you. And if you can use your vacation time, take it and be home. You might alternate how you do it, that'd be my advice. I didn't do that. I took a week off, then I felt pressured to go back into work. So I went back into work. I had no desire to be there whatsoever. I was completely ineffective in my job. So then I went back and said, "I'm taking another week off." And they said, "That's fine." And so I went home for another week. Had I done it differently, I'd of just taking six weeks unpaid or eight or twelve weeks unpaid and then gone back in.

Erica Hanlon: Yeah. Yeah. I think that's great. So important.

Emma Marquez: I do have a friend from college and I was able to connect with her after learning that she'd had a baby and we were kind of sharing how things were going for each of us. And we learned that she was doing different things. I know when it came to nursing, she was doing one thing

differently than I was. We were able to talk about what we were doing as we were learning to be moms. And it was really interesting to see that we were both doing our parenting very differently. I think that was kind of a moment that clicked like an aha moment. There's no right way to do parenting. There's so many ways to be a good parent and I think that was very important to see. There's a lot of advice out there and sometimes it can feel really overwhelming to read things and think, "Oh, my gosh. I'm not doing things right." There's so many great ways to be a parent.

And I think that sometimes one thing that worked for her and I'm going to say, maybe for nursing, didn't quite work for me. It was really helpful to try out those things and say, "Okay, I tried this, but maybe it didn't quite work out for me the way that it did for them." I think was really helpful. I think just keeping an open mind that parenting is very individualistic. We kind of have to figure out what works best for us.

Erica Hanlon: Yeah, I think people don't know how hard nursing is. You think it's just going to be, "Oh, it's so easy and natural." And for some people, yes, it might be. It was for when I had my third, but it was not the first time around. And I thought maybe there was something wrong with me. I was up at like 3:00 AM, watching like videos on the internet, like how to do it. It was a mess, but there's nothing wrong with you. And so I think one of the biggest tips I might give parents is, give yourself a lot of grace. You're going to make a lot of mistakes. This is how you figure it out. This is how it's done. You only learn how to become a parent by parenting and you will, you're going to do everything wrong. It's okay. Give yourself some grace and keep going.

James Shaw: We will figure it out. That's how parenting works. It's a journey, we can embrace it and enjoy it. And I'll tell you, now that she's eight, we haven't had one single conversation about how much milk she produced. It doesn't come up anymore. And my point to that is, the things that seem stressful now will eventually become irrelevant to your relationship and your life. Let's just enjoy it as much as we can and just know that there are so many other people that have done this before, that it's true, our greatest superpower we have is the ability to ask for help. Let's just ask.

Erica Hanlon: Exactly. So to close out, let's all share one thing we learned about our partners after we had a kid.

James Shaw: How unfreaking amazing she is. And I'm just going to say it on the podcast, do not edit this out. Women are superior to men, period. The end. What women do and go through, we could never do, in a million

years. It couldn't happen. I am so impressed with my wife and what she went through and all the stuff she had to deal with to bring our family this gift of a daughter that we have in our house. That's it. I learned how amazing my wife is and just how amazing women are, period.

Emma Marquez: I knew that he was a very caring person, but it was just amazing to see him step up as a partner and as a dad and just how loving. It's indescribable, how I've been able to see his love grow for Alex and also his love grow for me. It's a very different kind of love, and it's just been amazing to see that.

Erica Hanlon: Nice. And I would say for me, getting to see my husband be a dad, has been so much fun. To get to see this whole other side of him that's really nurturing. And also, as the kids have gotten older, a lot of fun. He's so much fun. He's the fun parent. I'll just say it, he's the fun parent. I'm not. That's it for us today. So thank you, James and Emma for joining us, it's been so much fun.

James Shaw: Well, thanks for having us on. And I do thank you for the chance, because I want to mention that you can join us on Positively Dad, as well. It's a podcast I designed for dads. Quite frankly, we have more moms that listen than dads. So it's totally working. And we just do a couple episodes a week to help us grow as parents, partners and people. So thank you for letting me share that on here as well. And I invite your listeners to join us too.

Erica Hanlon: I highly recommend it. I tell all the dads I know about it.

James Shaw: Thank you.

Erica Hanlon: All right, so that concludes our podcast for today on, and baby makes three, parenting and your relationship. Thanks everybody for listening. Bye, guys.

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