5 Ways to Stay Close With Your Partner This Week

No Big Talks. No Babysitter. No Drama. By Dads Digital

Welcome, Dad.

If you’ve been feeling a bit distant from your partner since becoming a dad — this guide is for you.
You don’t need a therapist, a big talk, or a weekend away to feel close again. You just need a few consistent moments that cut through the chaos and remind both of you: we’re in this together.
Here are 5 simple ways to reconnect this week, even if you're sleep-deprived, overwhelmed, or just not feeling it.

## 1. Look Her in the Eyes Once a Day

No distractions. No multitasking. Just eye contact for 10 seconds. Say nothing if you need to. Connection happens in silence too.

## 2. Send a Message That Isn’t Functional

Not ‘what’s for dinner?’ or ‘can you grab wipes?’ Just a quick: ‘Thinking of you. You’re amazing.’ It matters more than you think.

## 3. Touch Without Expectation

A hand on her back. A kiss on the forehead. A squeeze on the shoulder. Non-sexual touch is powerful. It says: I see you. I still choose you.

## 4. Ask: 'What Felt Heavy for You Today?'

Give her space to vent. Don’t fix. Just listen. This one question opens the door to emotional closeness more than anything else.

## 5. Say the Words She Needs to Hear

Try: ‘You’re not alone.’ Or ‘You’re doing an incredible job.’ Or ‘We’ll figure this out together.’
Use your words as bridges, not barriers.

Keep Going.

Small moments add up. The goal isn’t perfection — it’s connection.
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Because staying close shouldn't be complicated.