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.