Couples that have a strong marital friendship have shown to be more able to weather their transition to parenthood.  

American Psychological Association

**Three-part Prescription for Strengthening the Marital Bond:**

- Build fondness & affection for your partner
- Be aware of what is going on in your partner’s life & be responsive to it
- Approach problems as something you & your partner have control of & something you can solve together as a couple

Employee Assistance Program licensed counselors can help you identify and resolve problems involving:

- Relationships
- Marital issues
- Family problems
- Any other problems affecting you or your family members
- Life changes
- Stress & emotional distress
- Alcohol or drug abuse

The UT Employee Assistance Program (EAP), a benefit of your University of Texas employment, provides confidential, professional assistance to help you resolve problems that affect your personal life or job performance. For assistance, go to [http://www.livingwell.utsystem.edu/eap.htm](http://www.livingwell.utsystem.edu/eap.htm)

*Living Well Health Manager powered by WebMD Program available to UT SELECT members-Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.*