

LET'S

SUPPORT

EACH OTHER

We're in it  
Together



# fertilia

*Trying to conceive is a journey filled with both excitement and challenges.*

It's normal to feel a rollercoaster of emotions, and sometimes it can be hard to express them! This checklist is here to help you and your partner navigate this journey together. We'll cover:

- **Understanding common feelings during trying to get conceive**
- **How your partner's support can make a big difference.**
- **Simple actions to keep your relationship strong**

The best part? Small gestures go a long way. A thoughtful text, making a cup of tea, or a simple compliment can show you care.

Remember, you're a team! Open communication brings you closer and makes trying to conceive feel less stressful. Let's get started!



**Dr Suganya Venkat**

## Communication

## Being Supportive

**Make time to talk:** Set aside some time each week, even if it's just 15 minutes, to chat openly about how you're both feeling about trying to get pregnant

**Be there for each other's feelings:** Even if you don't always get why your partner feels a certain way, let them know you understand their emotions are valid.

**Really listen:** When your partner's talking, put away distractions like your phone and focus on what they're saying.

**Give hugs and support:** When your partner's feeling down, offer a hug, a kind word, or just be there for them.

**Use "I" statements:** Instead of blaming each other, try saying things like "I feel frustrated when..." This helps explain your feelings without putting your partner on the defensive.

**Celebrate the little victories:** Trying to conceive can be a journey with ups and downs. Take time to celebrate even small milestones, like a positive test result or just getting through a tough month.

## Being Intimate

## Self Care

**Stay close, not just in the bedroom:** Cuddle on the sofa, hold hands on a walk, or give each other massages. Physical touch can be a great way to feel connected.

**Take care of yourself:** Make time for activities that help you de-stress, like reading, exercise, or spending time with friends.

**Take a break from TTC talk:** Schedule some date nights or quality time together where you focus on each other and fun activities, not trying to conceive.

**Plan some fun together:** Schedule time for "you" and your partner to relax and reconnect. It might be a date night, a weekend getaway, or just a quiet evening in.

**Keep the spark alive:** Try a new hobby together, explore a new place, or revisit an old favorite activity. Doing something new can take the pressure off and bring you closer.

**Get help if you need it:** Trying to conceive can be stressful. Don't hesitate to seek support from a therapist or counselor if you feel overwhelmed.

Work Together		Understand Each Other	
<input type="checkbox"/>	<b>Talk openly about big decisions:</b> Whether it's fertility treatments or managing disappointment, discuss everything together honestly and openly.	<input type="checkbox"/>	<b>Learn together:</b> Talk about the physical, emotional, and practical aspects of trying to conceive. There are lots of resources available online or from your doctor.
<input type="checkbox"/>	<b>Be on the same page:</b> Talk about what you're hoping for during your trying to get pregnant journey and what you expect from each other.	<input type="checkbox"/>	<b>Be open and honest:</b> Share your feelings, fears, and expectations about trying to get pregnant with each other.
<input type="checkbox"/>	<b>You're a team:</b> Remember, you're in this together! Support each other and tackle challenges as a team.	<input type="checkbox"/>	<b>Plan your journey together:</b> Talk about the challenges you might face and how you'll support each other along the way.



**Dr Suganya Venkat**



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