



Partner Play: Nurture Time

One partner takes the role of the parental giver, the other that of the child receiver.

Position yourself so the giver can be relaxed and comfortable while holding the receiver. One option is for the giver to sit with their back to a wall or the headboard of a bed, while the receiver lies on their side, with as much of them as possible in the giver's lap. The giver wraps their arms around the receiver. If you can, do it with your hearts more or less aligned. The receiver tucks their arms in so they're totally passive and not doing any holding.

The giver practices opening their heart, thinking loving thoughts and envisioning their heart energy surrounding the receiver. The giver holds firmly, rocks, pats, gives soft dry kisses (angel kisses), strokes their baby's hair and whispers sweet words and soft reassuring sounds. The baby doesn't do anything but receive and feel what it's like to be totally, unconditionally loved.

You can follow this session with an erotic encounter if both partners want to go there.

You'll want to switch roles at some point. You can do this in back-to-back sessions, but it may work better if you schedule your two sessions at different times.