Divorce lawyers are often hired by people who feel "dumped" by their partners once kids come along. Even when you love your kids, it's natural to be jealous if your partner no longer devotes attention to make you feel loved and cared for.

To keep your relationship strong, find ways to stay connected as a couple.

Many devoted parents, especially moms, cater to their children's needs to such an extent that the parents lose their identities, their interests, passions; the very things that attracted their partners in the first place. Don't sacrifice your identity or your relationship to your kids. I'm sure you know a parent who seems only to talk or think about the kids. Now, imagine living with that person!

Here's how to turn the tide. Do not just talk about the kids or about managing your household. Ask how your partner's day was, talk about work or something you saw in the newspaper. Have an adult conversation each day. If you can only make time to do so by phone, don't put the kids on the line.

Schedule time for activities as a couple. Try to plan a weekly "date night." See movies that are not G-rated. Or have dinner with other grown-ups with whom you have something in common besides your children. Schedule a yearly vacation for just the two of you. This can be a great way to have new adventures and gives you plenty to discuss when you return.

Learn something new together that you can share. Many community colleges offer one-day classes in things like sports, cooking or massage. Alternate trying what interests you and what interests your partner. The trick is to keep growing your joint interests to prevent growing apart.

Make time to be intimate even if it means installing a lock on your bedroom door! Sex is a healthy and important way to connect.

Kids are not the only thing that can steal a couple's focus. Work is often a big drain on the time and connection couples have.