

Prescriptions for Romance NOT just for Mom and Dad

by LeeAnn Williams, Out of the Box Dates

As parents, one of the greatest gifts you can give to your children is showing love for one another! A healthy, stable family unit begins with mom and dad. One by one members (aka... kids) are added to the family and one by one they will eventually leave the home. If life follows a "normal" progression, the family unit should end with mom and dad.

Kids receive a sense of security when they know mom and dad are important to one another, that they love each other, and set a priority on their relationship. Strong marriages give kids the emotional freedom to worry about their own lives, not mom and dad.

We've got 5 Prescriptions for Romance that you can implement today without breaking the bank or adding too much to your plate. ***All of our recommendations are designed to provide your family with a visible, tangible sense of your togetherness. In other words, these are all things you should do in front of your children!*** Mix these prescriptions with plenty of "I Love You's" and your kids will thank you that you cared enough about them to nurture the love relationship with your spouse!

- ❑ **One Sweet Message Weekly:** It's only one per week, so make it a good one. Send a card, play a special song, leave a note on the fridge or mirror, leave a message on voicemail directed to the whole family, but with emphasis on the "I Love You" to your spouse. Proudly display the message in a place the whole family can see it or let the whole family listen to the message. Here's a suggestion for the phone message, "Hi guys. This is mom just calling to let you know that I should be home by _____. I can't wait to see you, and I love you (insert names of children and daddy) very much. Please don't erase this message until everyone has had a chance to hear it."
- ❑ **Two Acts of Service Per Week:** It is very important that your children see you helping and serving one another. It instills value for one another, and by example, you can teach the importance of kindness and lending a hand. Try to find two chores or tasks to assist the other with per week. Involve the kids. Let them know you are all going to work together to tidy the house for mom or dad because you know how much he/she likes to come home to a clean house.
- ❑ **Three Long Kisses Daily:** Did you know there are some reports that say it takes 10 seconds of touch to really feel a connection with someone? That means if you're only giving and receiving pecks for kisses, an emotional bond may not have enough time to take hold. We recommend one as you part ways in the morning, one as a greeting after work, and one as you say goodnight.
- ❑ **Four Praises for Your Love Daily:** Saying it out loud will help you and the kids appreciate those extraordinary qualities about your love. It doesn't necessarily even have to be said to your love. You could just tell the kids, "Dad's/Mom's a really hard worker. We are pretty lucky that he/she takes such good care of this family!"
- ❑ **Five Minutes of "Couch Time" Daily:** Meet on the couch for five minutes just to reconnect. Hold hands, rub shoulders, sit close and look into one another's eyes while you talk about your day. Respectfully listen to your love and follow up with thoughtful questions. Don't try to solve any problems, just listen and sympathize if either of you has had a rough day. Let the kids know this is mommy and daddy time, and that you will help them or listen to them in 5 minutes.

For more great romantic ideas, check our website. While you are there find out how you measure up in the romance department by taking our **Romance Meter Quiz!** Out of the Box Dates also provides complete romantic adventures, games, and resources designed to inspire, enhance and renew your love relationship!

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