



# Mom and Dad Need Time, Too

**T**ime alone is important for any couple. This time is used for intimacy, communication and reconnection. When a couple is living with a new baby, their time alone is very often pushed aside. Even if you can't spend the kind of quality time together that you used to, it's important to make some time to be together.



## FINDING TIME

- Make a regular date night, get a baby-sitter and get out of the house together.
- If the cost of a baby-sitter is a problem, look into setting up a co-op with other parents. Take turns watching each other's children.
- Set aside a portion of each day, once the baby has settled in for the night or for a long stretch of sleep, to talk about your day without interruption.
- When you have some time alone, avoid distractions. Don't turn on the TV, turn off the ringer on the phone and turn the answering machine down.
- Get creative. Quality time doesn't have to be a night out.
- Use commute time. If you both work, drive together or start out on the same bus. Grab a cup of coffee together on the way to work.
- Buy season tickets to something you both enjoy. Once you've shelled out the money, you're more likely to stick with the commitment of going.
- Treat weekends like weekends, not like another workday. Leave the dishes and the laundry, pack the stroller and a lunch and go have fun.
- Create new couple rituals. Take a walk together after dinner; take a shower together in the morning. Sit in the bathtub together.
- Have lunch together, even if you're both working. Try to meet for lunch once in a while.
- Plan a video night one night a week. Order take-out and just stay home in front of the TV.
- Play games: board games, card games, video games, anything to get you doing something fun together.