

Making Time After Kids

There's no doubt about it, married couples tend to feel a bit disconnected after having kids because most of their time and energy are directed towards them. Here are some tips to stay connected after starting a family.

Take advantage of weekends

Although most parents spend their weekends catching up on chores and appointments, it's also important to make time to do something fun. For example, you can go to a kid-friendly park and spend time together while the kids play.

A few minutes everyday

Most married couples are able to at least spend a few minutes together every day. The trick is to come up with rituals you can do together during those few minutes – like taking a walk, working out or enjoying your favorite beverage together.

During the day

Although it might be hard to find time together during the day, be a little creative. For instance, you can commute to work together or meet for lunch. There's nothing like a relaxing conversation with your spouse in the middle of the day.

Date Night

Date nights are still one of the best ways to spend quality time with your spouse. Unfortunately, many couples avoid date nights because they take time, money and planning. The best thing is to schedule date nights a few weeks in advance so there's enough time to find a babysitter and to plan without any pressure.

There's nothing like having kids, but you must make a conscious effort to spend time with your spouse or else your marriage will suffer. So take charge. Make staying connected with your spouse one of your highest priorities.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!