



Date Night For the New Mom

Dates don't have to be elaborate, expensive or even outside of your own home. New parents have to be creative about spending quality time together, even if it is just for a few moments. **Here are ten free or almost free ideas to choose from:**

- 1. Look through old photos from your dating days.** Reminisce about your first date. What were you wearing? Where did you go? What was your first impression?
- 2. Share a scoop of ice cream together.** Use one bowl and two spoons. Talk about the highlight and low light of your day.
- 3. Cuddle up and have a movie night for mom** (chick flick). The next week, have a movie night for dad (action, drama or comedy).
- 4. List 5 things you love about your spouse.** Exchange lists over a glass of sparkling cider.
- 5. Get a baby sitter and walk around the park hand in hand without the stroller.** Kiss at the swings.
- 6. Heat up some massage oil** and give your spouse a massage.
- 7. Have a candlelight dinner** in your home or backyard.
- 8. Go to a coffee shop together.** Talk about how you can meet one another's needs better.
- 9. Take a hot bubble bath.**
- 10. After the kids are asleep, take a blanket out to the backyard.** Lie down and watch the stars together.

Today's Action Step: What will you do this week to date your mate?

Arlene Pellicane is a speaker and author of [31 Days to a Younger You: No Surgery, No Diets, No Kidding](#). She lives in San Diego, CA with her husband James and three kids. Watch for her next book *31 Days to a Happy Husband* (summer 2012). Visit Arlene at www.ArlenePellicane.com