



## New Parent Tips: Date Your Mate

**Parenting a newborn can be overwhelming and exhausting. It's easy to get caught up in the pressures, responsibilities and even pleasures of taking care of your precious little one. Still, it's important to your emotional well-being to make time for adult activities and reconnecting with your partner.**

New parent couples often cite lack of time, energy or money as the primary reasons for not taking advantage of date nights. Although somewhat understandable, regard these as excuses and don't let them get in your way. You can do this!

If getting a babysitter is an obstacle and you don't have family to help, consider forming a "co-op" with other parents you know, and take turns watching each other's children.

If you are lucky enough to have a strong network of support, schedule a date night away from the home and your baby once a week. Treat it like all your other important appointments and write it down on your calendar. If you can't get away that often, at least shoot for once a month.

Try to plan ahead. Since this time is precious, you'll want to make the most of it. Agree to leave the baggage of the day and the household behind, and don't let yourself obsess about the baby. Focus on enjoying each other's company, whether just sitting across the table over a nice dinner or doing something more active.

Don't feel guilty about leaving your baby for a few hours. It's common, even healthy, for first time moms to feel the need to get away from the daily grind of motherhood every now and then. You're just human, after all. Give yourself a break.

Taking time for the two of you can actually go a long way in helping you feel more energized in your role as mom. You will be amazed at how just a few hours away can help lower your stress levels, feed your spirit and bring the whole family closer together. As they say, when mama's happy, everybody's happy.

Consider making a permanent commitment to having regular date nights with your mate. It will help to keep your relationship strong and set a wonderful example for your children.



*Baby Product Experts specialty stores provide safe, high-quality products and expert advice.*