

Five Amazing At-Home Date Night Ideas!

For about the first ten years of our marriage, my friends and clients knew what a diehard date nighter I was. But as we went from two to three kids, suddenly the babysitter availability became more scarce :) Wonder why? :)

Whatever your reasons for skipping date nights out, if you find yourself in the at-home camp with us more than you'd like to admit, no worries. Some of the very best date night memories I can think of have been from home. Here are five of my favorite activities to keep my own marriage and the couples I work with having extraordinary fun on at-home date nights!

In the meantime, on the following page are some easy strategies you can try out during or to prevent an anxiety attack!



Five Tips for the Best At-Home Date Nights!

1. Light candles and eat well. Steak, potatoes, and salad (not to mention the divine addition of chewy bread) is like, an absolute no-brainer for me. Even if you're vegan, the point is, find a menu that's a cut above your day-to-day dining options and enhance it with creating a clean, sparkling table setting with candles. Clean the area you are dining in beforehand and give your spouse something to enjoy with your looks as well. Dress for a real date with good scents, nice hair and/or makeup and fresh breath.

2. Put the kids to bed if they're still little. If their elementary aged like mine, tucker them out with activities through the day and settle them in a room with a promise of a reward if they are good. If they're toddlers, do the same but get them to bed early with a morning reward for staying in bed all night. If they're babies and you can't get them to sleep, let them be part of your time if needed - there is no formula to follow except do your best and let the kids see you trying to take time out for your marriage. Despite their complaints, they need to see this. And you still need it!

3. If you're too tired to do something else, watch an epic new or old movie. If you don't agree on any movies (tons of couples), trade each time who gets to make the selection. And do me a favor. If you don't like your spouse's movie, just watch it anyway. Next week it's your turn, remember? Suck it up for a couple of hours and cheer on the military men fighting or pretend to sob over the romantic story. Have fun and get into it! You can stretch your mind a bit for your spouse. They're your best friend, right? So get a snack you like, put the phone down and cuddle your spouse while you watch!

4. If you've got energy and even a tiny budget for fun, use an at-home date to plan a trip together! Even if it's about a year away, you can plan anything from a one night stay to a major vacation together. Munch on a fave snack while you plan together some of the main events of the time and research destinations. Talk about what you each like to do on a trip (veg, sightsee, etc) and plan something for both of you.

5. Work on your financial budget. Kidding. That's better on a Saturday morning or a Sunday night and should be done weekly also! But on an at-home date (or any date night), the best idea for you is this: don't talk about ANYTHING stressful. There is plenty of time for that ALL week otherwise. It's time for a little romance!