

Fathers Podcast 02

Date Night Part 1

Podcast Highlights

- The relationship with your wife needs to be your top priority. "Date night" is the time frequently and consistently scheduled to invest in the relationship.
- Suggest the idea of dating to your wife tenderly. She may have reservations about babysitting, budget, time constraints, and her relationship with you.
- Take action and arrange the details yourself. Make it stress free for your wife.
- Make date night a system that repeats with minimal effort. Something is better than nothing so starting with once a month and then increasing isn't a bad start.
- The first several dates might be "awkward" if you haven't dated in a while. Being a team is different than being a couple.
- Build anticipation by think of something "net extra": One flower or chocolate, a card or note to set up the date.
- Date night can be very inexpensive! The focus is spending time together so be creative. Or find someone creative and steal their ideas. Whatever works.
- Try to avoid: getting together with friends, movies, and other "distractions" that will allow you to ignore the relationship. Date night is one on one time.
- Continue to learn what your wife wants in a date. Write it down and revise as you learn more.

Thinking/Conversation Starters

- When was the late date you had with your wife? What did you do?
- What did you do when you used to date your wife? What did you enjoy most?
- What might stop you from having a date soon? How can you work around them?

Action Step

- Talk with your wife about setting up a consistent and frequent date night.
- Find a babysitter together and hire that person for as long a period as possible.

Something is better than nothing!

www.FathersPodcast.com