

Hey Mamas
and Couples
With Young
Kiddos...

Keeping Your Marriage Strong When the Kids Come Along: 3 Keys for Creating a Lasting Date State

*(Without the stress or guilt over not
having enough time or energy!)*

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3-Key Strategies
to create
marriage-saving
time and space
for just the
two of you

3 Ways to Get the Most From This Workbook

01 **PRINT** this workbook and use it to stay fully engaged and take notes on the actions you want to implement quickly.

02 **THINK OF ANY QUESTIONS** you would like your Home Visitor to answer to get the most from this workbook.

03 **TO GET THE MOST FROM THIS WORKBOOK,** decide on one action you and your partner plan to complete within the next 72 hours. Taking action right away will help you get your momentum started and begin to see big results.

Here's what I want you to know:

It's so powerful to know you are not alone, and many other moms and couples struggle to carve out precious couple time, especially while you're busy raising young children, trying to work from home, working outside the home, and struggling to find couple time. Notice how a little targeted time and attention will result in calm and connection that will lead to a happier home for you, your marriage/relationship, your children and your whole family.

Everything I am going to teach in this workbook is 100% doable.

Many moms and couples often feel disconnected and have trouble finding couple time to renew and recharge. After filling in your workbook, notice what new and creative ideas you come up with for loving couple time, guilt-free.

10 Minute Couple Brainstorm Ideas for Creating Date State Time:

Make a list of your top 3 ideas:

- ▶ 1 _____
- ▶ 2 _____
- ▶ 3 _____

Make a list of your partner's top 3 ideas:

- ▶ 1 _____
- ▶ 2 _____
- ▶ 3 _____

Remember to take action on one idea a week to keep your couple love alive and thriving for years to come.

Notes/Ideas/Action Plan:

KEY 01

Carving Out Couple Time

Where do you want to spend your couple time?

What activities do you want to do together during your time together?

Notes/Ideas/Action Plan:

KEY 02

Bring a Positive Attitude

What helps you get into a positive state of mind with your partner?

What do you appreciate about your partner specifically? Turn this appreciation into generosity by sharing this with your partner.

Remember, self-compassion and self-care are prerequisites for compassion and care for your partner. What do you appreciate about yourself that makes you feel good?

Notes/Ideas/Action Plan:

KEY 03

Big Picture Energy

What's your updated vision of your marriage/relationship with young kiddos?

How do you each aspire to be during your precious date state time that is consistent with your big picture in mind.

Notes/Ideas/Action Plan:

When will you use your 3 Keys? _____

Write out and experiment with your favorite times and days for your weekly, precious couple time: _____

Why will you use your 3 Keys? _____

Remember, carving out couple time on a weekly, consistent basis does the following:

- Your date state time is a reminder of what a great couple you can be.
- This reminder serves as a buffer for the rest of the week when you're both busy parenting and providing.
- Your kiddos will benefit from your date state time.
- Because when you're happy and connected as a couple, your children feel it too!