



How to find time together in the daily life?

When your baby is born, you will have less time to spend together as a couple. However, it is important to take care of your relationship as well and spend some quality one-to-one time together. The following ideas for how to find together in the daily life have been collected from the parents and parents-to-be attending Duo's family training courses and Duo's Will & Skill relationship coaching programmes. Can you come up with other ones?

- ♥ Take a break from work
- ♥ Arrange friends to babysit the children or find a good/cheap babysitter
- ♥ Share a passion: play guitar, sports etc.
- ♥ Wake up 10 minutes earlier every day and talk about what we do / expect from today
- ♥ Meet up for lunch / coffee during the week
- ♥ Talk with partner instead of working on the computer in the evening
- ♥ Watch films or do other shared activities weekly
- ♥ Computer-free evenings a couple of times per week
- ♥ Prepare breakfast/lunch/dinner together
- ♥ Sit together for a cup of tea after the children are asleep
- ♥ Go out dancing on the weekends
- ♥ Organise a dinner party with friends
- ♥ Develop similar talking patterns
- ♥ Go to a dance course
- ♥ Share chores more equally
- ♥ Put the kids earlier in bed and have a late dinner together instead of doing your own work or stuff at work
- ♥ Arrange a shared meal everyday
- ♥ Go to a hobby together – dance or any other
- ♥ Have a lunch or coffee during a work day together
- ♥ Take a shower together when kids are in bed
- ♥ Go for walks
- ♥ Do things together instead of being occupied with household chores in the evening
- ♥ Make plans for the weekends together and spend time together on the weekends
- ♥ Read a book and take time to talk about it
- ♥ Have a talk in a relaxed atmosphere



- ♥ Go to theatre, concert or movies
- ♥ Wake up a bit earlier to have at least a cup of tea together every morning
- ♥ Fix one day per week to have some time together
- ♥ Involve (just a bit) on each other's activities
- ♥ Eat outside (restaurant / café)
- ♥ Have a massage exchange
- ♥ Schedule enough time beforehand
- ♥ Quickly find alternatives in case of change of schedules
- ♥ Limit the time spent on the computer – actually throw away the darn thing ☺
- ♥ Wake up and go to sleep at the same time
- ♥ Do sports together
- ♥ Write nice text messages to each other while not together
- ♥ Go to sauna together
- ♥ Open a bottle of wine together
- ♥ What else? What are your ideas?