

60 ways to reconnect now

FOR ANY TIME

- ♥ Give your partner a hug.
- ♥ Say, "Remember when..." then tell a story from earlier in your relationship.
- ♥ Wear perfume or cologne if you don't usually. Or try a different scent.
- ♥ Leave a surprise note.
- ♥ Walk up behind them and give a quick shoulder massage.
- ♥ After you survive a tough parenting moment together, put your hand out to share a high-five with your partner.
- ♥ Queue up "your song" and start dancing.
- ♥ Ask, "What do you think about..." and then listen to their opinion.
- ♥ When everyone's home from work and school, set the kids up with a movie, grab your spouse by the hand, and go in the bedroom to lay down and just talk.
- ♥ Send them a funny e-card.
- ♥ Text them the lyrics to a love song.
- ♥ Ask your spouse out on a lunch date.
- ♥ Say, "I love you." Out of the blue for no reason.
- ♥ Surprise your partner with a kiss that lingers.
- ♥ Share an inside joke - something just the two of you know about. You might reference a funny story from your past, use a phrase that's special to the two of you, and so on.
- ♥ Invite your partner to go on a quick walk. Our kids are usually so busy skipping ahead of us that we can have an actual conversation while on a family walk...and sometimes we can even get away with holding hands!
- ♥ Say, "I appreciate when you..." Be specific.
- ♥ For one day, take over a chore that's typically your partner's responsibility, whether that's taking out the trash, doing the dishes, or vacuuming.
- ♥ Compliment how they look today.
- ♥ When your spouse walks in the door at the end of the day (or if you're the one walking in the door), stop what you're doing and greet them with a smile and a "Welcome home."
- ♥ Run your fingers through their hair.
- ♥ Say, "Hi there," followed by a playful nickname or pet name like "babe," "gorgeous," or "hot stuff."
- ♥ Find a new recipe and make it together.
- ♥ If you can tell your partner is upset, reconnect with a phrase like, "Tell me how you're feeling."
- ♥ Surprise your partner in the middle of the day with a fancy coffee drink.
- ♥ At dinner, say something like this to your kids so your spouse can hear, "You've got the best mommy/daddy in the world. She/he takes such good care of us!"
- ♥ Clean their car, inside or outside. Love is vacuuming up Goldfish and Cheerios!
- ♥ If your spouse stays home with the kids during the day, come home during nap time as a fun surprise just to see them. Bonus points: Bring a fancy chocolate bar.
- ♥ Say, "Hey," then look into their eyes and smile. Eye contact is powerful.
- ♥ Find a family picture and frame it to go on your spouse's desk or nightstand.

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FOR ANY TIME (CONT'D)

- ♥ Draw up a bath for them, set a new magazine out, and tell them to enjoy a few kid-free minutes.
- ♥ Send a quick text or email to let them know you're thinking of them. Try starting with, "I'm grateful for you" or "Remember when..." and see where your heart takes you.
- ♥ Wash the dishes together. You wash, they load or dry.
- ♥ Make their favorite dish for dinner, even if it's a breakfast dish. This one works even better if you're not the one who usually cooks dinner.
- ♥ When you're in the car at a stoplight, lean over and surprise them with a kiss.
- ♥ Next time you're at Target, pick up something small you think your spouse would like and surprise them with it.
- ♥ Get up first and make their coffee.
- ♥ Write down your bucket list of everything you want to do as a couple.
- ♥ Grab a picnic blanket and wine or hot tea, and head out to your front yard or backyard to stargaze and unwind from the day.
- ♥ Read a book together at bedtime by taking turns reading out loud to each other. Or you could try reading interesting news articles or blog posts to each other.
- ♥ Make a list of your dream vacation spots.
- ♥ Look through photos from your time together.
- ♥ Sit down and make the plans together for a special date night - an overnight at a hotel in driving distance, an afternoon of playing hooky from work and/or kids, or just trying a new restaurant.
- ♥ Get three new bottles of wine and have your own at-home wine tasting.
- ♥ At bedtime, turn out the lights and snuggle in bed. Ask questions and listen. Try this: "When did you feel most loved today?"
- ♥ Kiss each other good night.

WHEN THE KIDS ARE IN BED

- ♥ Feed the kids dinner first (snack if you need to!) then after they're in bed enjoy a late dinner together by candlelight.
- ♥ Take turns writing in a journal to each other.
- ♥ Get a set of fun conversation starters for couples and ask each other one question every night before bed.
- ♥ Play a board game or card game.
- ♥ Watch a funny movie together. Shared laughter works wonders.
- ♥ Make cookies or brownies from scratch, just because, and keep them all to yourselves.
- ♥ Take a bath or a shower together.

FOR THE BEDROOM

- ♥ Go to bed at the same time.
- ♥ Initiate.
- ♥ Tell your partner about a fantasy.
- ♥ Try a new place.
- ♥ Start with a massage.
- ♥ Wear something special to bed, or wear nothing.
- ♥ Say, "Remember when..." then reminisce about a memorable time, like your first time together.