

My husband and I were blessed enough to be able to take a trip to Jamaica last week and we returned on Mother's Day. At first I was conflicted about being gone for most of Mother's Day, but while my husband and I do our best to have alone time, it had been so long since my husband and I had been able to go on an actual vacation that would couldn't pass it up—especially considering it was a trip I earned from work and it would cost us nothing!

While we were in Jamaica, my husband and I were discussing that while we missed the kids, we were really glad for the down time without schedules, cell phones and computers. We didn't have to make anyone dinner, get anyone a drink or pick up anyone's mess. I was personally torn about being so glad for the Mommy/Daddy time. I had to remind myself, though that while I'm a mommy who loves her children; I'm also a woman and a wife.

Mommies need time to themselves and time with their husbands. Here are some everyday tips that my husband and I focus on to keep a level of Mommy/Daddy sanity in our house. 😊

1. Our bedroom is a "sanctuary". We keep it as clutter free as possible, clean and it has a welcoming, romantic feel.
2. Our kids have not and do not sleep in our bed.
3. We make sure we're in our room at a certain time each night so we can spend some time together before it's time to sleep.
4. We don't discuss serious issues too close to bed time. If there's something urgent or heavy that we need to discuss, we go for a walk or schedule an additional "meeting" time.
5. We have regular Date Nights—even if Date Night simply consists of a picnic and a movie in our room.
6. We leave inspirational and loving notes to one another in various places. For example, I woke up Monday morning to a very sweet message my husband had left me. To our excitement, our kids are starting to pick up on this example. My 16-year-old step son had left me a very sweet Mother's Day message on my bathroom mirror so I would discover it upon our return from Jamaica.
7. We make sure to have a few minutes to "shake off work" before we get home or join the family after work. It's very important for parents to not be too bombarded immediately after work. If my husband has had a very hard day at work, he'll come in the door and politely announce that he needs a few minutes to "reboot" before joining us.

What do you and your husband do to keep your relationship strong?