

National Marriage Week USA

Project PADRES TIP #2 *Balancing Children's Needs vs Spouse's Needs*

It's normal and necessary for parents to respond to their children's urgent physical, emotional, and educational needs. This usually takes more hours of the day than time devoted to relating to your spouse.

To keep your spouse a priority, however, family life educators recommend:

- daily affirmations (words, hugs, kisses)
- a weekly date
- an annual get-away (without the children)

Some of these require getting a baby sitter (or having family or generous friends) but think of the cost as marriage insurance!