

FAP Parent Tips

February 2009

Keeping The Romance Alive Even After Kids Come Along



When you first get married, the romance is there in your marriage full force. Every day feels like another piece of your honeymoon and you have plenty of time to spend with each other. Once you have kids, this becomes a whole different story, and life becomes more stressful and you have so many demands on your time in the form of children. It can be very difficult to keep the romance alive; however, it is important that you both take the time to work on it. Sure, it will take a bit of work, but the results of a wonderful marriage are well worth the effort involved.

Tip #1: Establish a Date Night. In order to keep the romance alive between you, it is important that you schedule some time together when you do not have to worry about the kids. Whether you have family members take care of the kids or you hire a babysitter, having a date night once a week is a great way to keep the candle of romance burning. This allows you to have some time together when you can concentrate on each other and

renewing the romance in your relationship.

Tip #2: Communicate. Communication is essential if you want to keep the romance alive. Be sure that you are taking time to talk to each other. When you have children, it can be so easy to deal with parent activities and tasks, and it is all too easy to go through the day without even talking. Complimenting each other is an important part of communication too. Communicating together is what keeps a marriage strong, so be sure to make time for communication or you will never find the time.

Tip #3: The Power of Touch. After you have children, often you are so busy and stressed out that the simple things are not remembered. Remember how after you were first married you never walked anywhere without holding hands, and you never left the house without a goodbye kiss. The simplest touches are so important to keeping romance alive within your marriage. Be sure to take time to enjoy holding hands, a long hug, or a simple kiss.

Tip #4: Take Care of Yourself. When kids are a part of the picture, it can be difficult to keep yourself looking great. Chances are you skip that gym routine, don't spend as much time on your hair, and you are afraid to wear anything nice around the baby who continually is throwing food. While it can be a bit difficult and will take some effort, it is important that you take care of yourself if you want to keep the romance alive. Work to fit some workout time into your schedule and look your best as much as possible. Sure, you may not look like the blushing bride of 22, but you can still work on looking the very best you can right now.

Child Development Center	692-2852
Family Advocacy Program	692-7217
MWR Office	692-1420

FAP Parent Tips is a publication of the MWR FAP Office. For questions regarding the information in this newsletter, contact Shari Hutchinson, FAP Manager, by phone or email to shari.hutchinson.ctr@dla.mil.

Kids on Love and Marriage

If falling in love is anything like learning to spell, I don't want to do it. It takes too long.

Glenn, age 7

Love will find you, even if you are trying to hide from it. I been trying to hide from it since I was five, but the girls keep finding me.

Dave, age 8

Love is like an avalanche where you have to run for your life.

John, age 9

You got to find somebody who likes the same stuff. Like if you like sports, she should like it that you like sports, and she should keep the chips and dip coming.

Allan, age 10

Once I'm done with kindergarten, I'm going to find me a wife.

Tom, age 5

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough.

Lynnette, age 8

No one is sure why it happens, but I heard it has something to do with the way you smell. That's why perfume and deodorant are so popular.

Mae, age 9

It gives me a headache to think about that stuff. I'm just a kid. I don't need that kind of trouble.

Kenny, age 7

I'm in favor of love as long as it doesn't happen when Dinosaurs is on television.

Jill, age 6

The Deployed Family Support Group is an organization established to support those who are in need of a place to talk with others in the same situation. The support group will meet on the third Tuesday of each month for a brown-bag discussion in building 21, conference room B223 from 12-1 p.m. The forum for the meetings will be formalized as the meetings begin and the group determines what will be most helpful. Speakers from other established organizations will be invited to address topics relating to deployments such as those remaining at home, handling situations that may arise, and homecomings. The meetings are a forum for seeking advice from experienced members and learning about local organizations specific to individual needs. There is strength in togetherness so come join us and let's take this journey together. See you there!

The Family Advocacy Program (FAP) at DSCC is a DOD program dedicated to domestic violence prevention, spousal and child abuse prevention, education, prompt reporting, investigation, intervention and treatment. The program at DSCC provides a variety of services to DSCC, DFAS, tenant organizations, active duty and reserve military and their families to enhance their relationship and parenting skills and improve their quality of life. This mission is accomplished through a variety of groups, seminars, workshops, brief counseling and intervention services to include spousal and child abuse awareness, positive parenting, domestic violence, elder care, depression, grief/loss, couples communication skills, stress management, anger management, healthy communication, sexual assault awareness, and deployment assistance for military and civilians.

Because everyone faces problems and challenges in their lives, the FAP is dedicated to helping the DSCC community with those challenges. While these problems are usually resolved without assistance, they are sometimes too big or too complex to solve without help. Finding the right kind of help for complex situations is not an easy matter. Finding specialized, qualified counseling, how much it will cost, what to expect from counseling, and how to determine if the counselor is a good match for the client are typical concerns when seeking help.

If you are an active duty or retired service member or family member, the FAP Manager can help answer these questions, as well as provide free of charge consultation and referral service. If you are a civilian DOD employee, the program manager can answer your questions and refer you to the civilian Employee Assistance Program.

All services provided by the Family Advocacy Program on DSCC are free and confidential.