

Planning child-free time

Rationale:

Being parents can make you feel even more deeply connected as a couple, but it is also busy and you might have less time to talk and be together. Making time to spend together as a couple can give you both the opportunity to reconnect, enjoy each other's company and nurture your relationship. This is good for the whole family. The way that you interact with each other has a big influence on your child. Your child will feel safe and good about himself when his parents get along with each other.

Age range information

Adults

What you need

You might need to organise a babysitter, or budget for a special outing together. It does not really matter what you do, however, as long as you both enjoy it. Child-free time is for you and your partner.

How to do it

If you plan ahead for child-free time, it is more likely to happen. It also gives you something to look forward to. Here are some ideas:

- Set up a regular day or time for child-free time. Take turns with your partner to decide what to do.
- Organise a babysitter and go out somewhere you both enjoy during the day or in the evening – it could be for a meal, a walk or a movie. If you do not have someone to babysit, plan your child-free time around times your child might not be with you. You can also spend time together at home when your child is napping.
- Child-free time does not have to be a special occasion. Try to make the most of each other's company at the times you do have together – even if it is just a shared trip to the supermarket or a shared commute to work.
- Child-free time can be for a few hours, or even a few minutes. A shared cup of coffee when your child is napping can be a surprisingly good way to reconnect.
- Make time to do something special together at home – for example, a special dinner or watching a movie after your child has gone to bed.
- Think about what you liked to do before you became parents and work out how you could make it happen again – even if you do it a bit differently now.



Recommended Reads by the National Library Board

Recommended Reads

- [Keep calm and parent on: a guilt-free approach to raising children by asking more from them and doing less](#)
- [How not to hate your husband after kids](#)
- [The aargh to zzzzzz of parenting: an alternative guide](#)