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WHEN YOU MARRY YOUR KIDS

Tick off what you do on the following check list: Things you do for your kid/s

1. Tell them that you love them regularly.
2. Ask them how their day was.
3. Help them with tasks they have been assigned by others.
4. Send them off to sleep at night with a hug and kiss.
5. Re-explain slowly and calmly because I know they are trying to understand but are not quite there.
6. Forgive them when they say sorry and not bring it up again because lesson learnt.
7. Hold back from swearing or shouting because they will pick up how I speak and in turn use it.
8. Praise their success no matter how minor to boost their confidence for when the big tests come.
9. Communicate quite clearly to them what they have done wrong when they upset me and give clear guidelines as to how to fix it or not repeat.
10. Place, work, friends and personal needs lower on your priority list. If they need your time you make it and protect that time from others.

Now read through the list again and tick off the things you do for your partner....

In allot of cases you may be a better partner to your kids than your actual partner. These small things add up to a great and stable relationship that grows stronger through the years. Raising a family can be the hardest job in the world and because of this a relationship can become second place on our priority list. A sad reality because a happy relationship will bring more stability and joy to a child's life than anything else. This is because happy parents = parents with more vitality, love and patience to give to their children when it counts.

Thus it is important to prioritise and make your relationship a high priority to; here are a few tips on how:



Date Night:

Have one day of the week or even every two weeks where you leave the family, friends and kids at home and spend some quality time with one another. It is a chance to reconnect and have some fun, reminding you that your partner is not just mom/dad but a fun person that you love and are excited to be around.

Communication

Just as with kids, take it slow and keep it simple. Your partner is trying to understand you but comes from a different perspective, background and thinking pattern. They are trying though and will eventually reach the same page if you are calm and take the time to help them understand.

Explain what is wrong and how to fix it

Arguments are resolved effectively if you are clear about what is upsetting you and also give suggestions on possible solutions. Giving a solution and then listening to your partner in turn places two solutions on the table where before there was only negative emotion.

Show affection

Just as your child needs affection to grow and thrive so does your relationship. Greet each other every morning and say goodnight. Kiss, cuddle and act like your early dating days.

Protect your relationship

Work, life stress and family all pull at you constantly. If you do not actively protect your time with your partner it will take a back seat as other areas of your life thrive and grow while it withers and dies. Relationships take work and time which only you can create and keep creating throughout the years.