



Parents Time Out!

Date-Night

Arrange that once a week or every fortnight, you and your partner go out for dinner - just the two of you. I'm not going to say ban talk of the children at dinner because I don't think it is realistic but certainly agree that you won't only speak of the children. Talk to each other about what is happening in your work, talk about something that happened that made you laugh/shocked you/gave you a great idea...have fun and laugh together!

Weekend Away

If you are lucky enough to have someone (friend or family) who will take your children for a weekend for you or even an overnight once in a while. Take them up on the offer and arrange it in advance because the better planned you feel for it the easier it will be for you to switch off while away. Spend this time together investing in each other and your relationship or if doing it alone, grab a friend and invest in your self and your friendships!

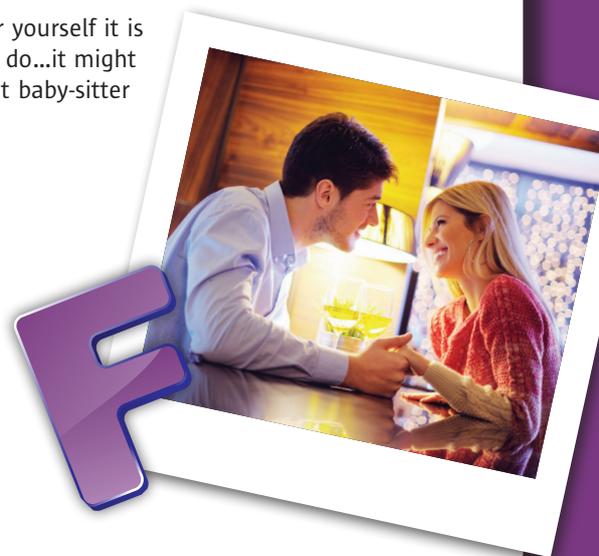
Something for you

Join a book-club or something similar, giving you a set evening each month that sees you get together with friends and discuss something other than your children. Get out for a walk together or alone...trust me it's a different experience when you're not pushing a buggy or watching a couple of children while doing it!

The every day "me" stuff

Life is busy and getting busier, parenting is a very busy part of life that can deny you access to those everyday experiences that used to make you feel like you...reading the newspaper, listening to a particular radio show, feeling connected to what is happening in the world outside of your home. Well, put the paper to one side so that you can read it over a cup of tea when the children are in bed, podcast that radio show, talk (to each other or call a friend and just link in with them about what's happening in their lives)... put on some music and dance, even if that's "silent disco" style with your ear-phones in and you dancing around on your own in the kitchen...do something that allows you to stay in touch with who you are outside of your children!

Essentially, far from feeling guilty about wanting time away from your children for yourself it is something that you should do and is in their interests, developmentally, for you to do...it might also make you happier and a happier parent means happier children! So book that baby-sitter and do something for you this weekend.



 **Joanna Fortune**

For further information about this or other child development/behavioural challenges contact
Solamh - Parent Child Relationship Clinic on 01-6976568 www.solamh.com

The information contained in this document is the sole property of Joanna Fortune.

Any reproduction of this material in part or as a whole is prohibited without the written permission of Joanna Fortune.