

## **Advice for couples with young children.**

I often hear statements like: “Ever since the baby was born we seem to have little time for each other.”

If this concern is familiar, and you mistakenly believe that your children will suffer if you pay more attention to yourself and your partner, I suggest you think again. As I stated in my book *Vitamin C for Couples*; “Just as you were affected by the family environment you grew up in, so too are your children. You are modeling the relationship they will consider to be normal. So what do you want them to experience? A home where both parents are doing everything for them, but do not seem to spend much time caring for each other? Or the kind of loving home, where everyone is cared for, including the caregivers?” I hope you chose the second option.

I realize that caring for children requires all the energy and abilities at your disposal. All the more reason that you must find ways to replenish your energy and ability to give. The best way to renew your energy and warmth is to take time together, as a couple and charge your love batteries.

Take the time to replenish your energy by showing and receiving love and affection from your partner. This will not require a lot of time. A simple hug, holding your partner’s hand, or an affectionate kiss can do wonders. It not only replenishes your energy, it is a wonderful experience for your children to be exposed to. Show them what a loving relationship is all about. Who better to act as role models than the very people who love and nurture them? There is no need to starve yourselves of the affection and nurturing you and your children need.

I have to admit that it saddens me to hear individual partners talk about the loneliness they experience because their partners no longer spend any time with them. The really sad part in all this is that these loving parents are unaware that they are robbing their children of a loving family --- a family where each member is concerned for the well-being of everyone, including themselves.

**The greatest gift you can give your children is a loving relationship with your partner.**