



staying in *love* through *sun* and *squall*

By Robin Friedman

Grown-up time

Don't make it all about the kids. When you're consumed with children, your alone time suffers. Have a standing date night, and take vacations without the little ones. And don't allow toys into your bedroom. That's your private couples-only retreat.

Three little words

Find small but meaningful ways to stay connected, like holding hands, giving each other good morning kisses, and saying those magical three words. Little gestures have a huge impact. You can never say "I love you" too much.

Gratitude attitude

Let your spouse know he or she is appreciated.

Say, "Thank you for helping me with..."

Say, "I really appreciated it when you..."

Say, "It meant a lot to me that you..."

Like love, there's no such thing as too much gratitude.

Be a team player

Act as a team. That's why you got married in the first place.

It's important for a couple to feel like they're a team — on the same side — when dealing with inevitable outside challenges. Agreeing on everything is not required, so long as you respect each other's views.

You've got mail

Email each other. Call to see what kind of day your spouse is having. Tuck love letters into briefcases.

Write "I'm glad I married you" on a post-it and stick it to your spouse's steering wheel.

Know it

Understand your spouse's needs.

We're all unique, and we all respond to different stimuli. If your spouse basks in praise, use extra care when bringing up a critical comment, for instance.