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5 Simple Ways Connect With Your Husband

By Nicole Dean

Have you ever rolled over in the morning and not known the man lying next to you? I'm not referring to that time back in college – I'm talking about the present. After years of marriage, you may start to feel like your husband is a stranger. Or is it that you feel he's getting stranger? Either way, here are 5 simple ways to stay connected to your husband.

1. Cook a meal together. Whether it's breakfast or dinner it doesn't matter, as long as you're spending time together. How about getting up early Sunday morning and making a big old-fashioned Sunday breakfast for you and the kids? Or sending the kids to a sitter and preparing a nice romantic dinner together?

You'll save money fixing the meal at home rather than dining out. Plus, you won't have to get "all dolled up" (unless you want to). Most importantly, you'll be using teamwork, which is the number one priority for any marriage.

2. Take on a project and get dirty! Tackle a big and messy job on your list – cleaning out the garage, pulling up shrubs in the yard, organizing the attic. Make an afternoon of it and do it together! You'll both feel a great sense of accomplishment that the job is finally done and it'll feel great to know that you got it done by operating as a unit.

Now that you've worked up a sweat, why not draw a bath for two?

3. Spend a lazy afternoon going through old photos and reminiscing. Talk about the activities you used to do when you first started dating and make a plan to start doing them again. You might not be able to do them all, but make the effort to do as many of them as you can, whether it is taking long walks, going to concerts, or making out at the movies.

4. Play hooky! Plan a day where you can each stay home from work and spend the whole day home – alone – together – doing absolutely nothing! Lay in bed all day, cuddle, and watch movies. Make sure to turn the ringer off on the phone.

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5. Make an effort on a daily basis to stay connected to your husband. Listen, ask questions – be his partner in all aspects of your life. Something as simple as making it a point to say, "How was your day, Honey?" every day when he gets home and listening to his response can make all the difference.

The most important thing to remember is that you are not in your marriage by yourself. Share your concerns with your husband if you're not feeling quite as close as you once did. Let him know how you feel, how it makes you feel and that you want to work on it.

Chances are your husband will be clueless, but once he realizes you're genuinely concerned, he'll jump right in and make more of an effort. Good luck!

Nicole Dean invites you to

<http://www.RomanceYourHusband.com>

, a website dedicated to helping

married couples stay friends and to help them remember why they married each other in the first place. Our disclaimer is: If he's a jerk, this won't work. But, if he's sweet, rub his feet.

A Carnation Is Never A Wrong Idea

By Hallidae Thomason

Most men I know are constantly in search of the perfect ways to remind the women in their lives that they are truly important and special. And while I am so grateful that my husband, father, brothers and other men know that women need to feel special and appreciated, I have often witnessed and experienced failed attempts at being cared for. I've finally got my husband to understand that when in doubt, go for a carnation.

I have experienced many attempts by the men in my life of showing me that they care. Sometimes they offer to watch the children for a day and other times they offer to clean the house. These are great ideas and great attempts at showing that men care, but unfortunately, they do little to show a woman that she is special just because of who she is. Men could learn a lesson by understanding that a woman would much rather receive a gift that is just for her, such as a bouquet of carnations, or that she'd rather have time for a date with her husband than have chores done for her.

A carnation is never a wrong idea for many reasons. First, it is simple. Most women I know love simple gifts and simple ways of being cared for. You can never go wrong with a carnation or with a huge bouquet of carnations. Why? Because women love flowers and they mostly love a good carnation. You do not have to feel it necessary to buy a bouquet of the most expensive flowers in the shop, simply purchase a few simple carnations and watch the woman in your life thank you.

A carnation is a great idea for men to give women just because. Flowers are such an easy "just

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because" kind of gift. Don't wait for big occasions like her birthday or Valentine's Day to celebrate your woman with a carnation. Instead, learn to celebrate what she means to you in every day ways by bringing home a carnation or two in the middle of random week. She will feel special and thought about as you begin to make habits like this.

So men, regardless of what you have done in the past for your woman, head off to a flower shop and grab a carnation or many carnations. Attach even the shortest handwritten note and your woman will love it even more. Enjoy her, cherish her and show her that you care with a carnation.

Hallidae Thomason is a marriage counselor that is often sharing ways for men and women to love each other better. She believes that a carnation will do the trick most of the time. See

<http://www.carnationgroup.info>

for more.



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