

Date Night Suggestions for Married Couples

- by KissMeGoodnight.com

One mistake that many married couples make is believing that dating is strictly for those who are in search of a committed partner. Another huge mistake that married couples make is to place a tremendous amount of attention on their children, their families and their careers while neglecting their own relationship. Regularly schedule date nights can help to put the focus back on the marriage and help them to maintain a healthy and exciting relationship.

A date night doesn't have to be complicated but it should **involve spending quality time with your spouse.** If you have children you might want to consider having a trusted friend or family member watch them for the night while you and your spouse enjoy a quiet evening at home. Even ordering take out and watching a movie together can be considered a date night for a married couple.

Dinner and a movie is another popular date night option for a married couple. Although it is not extremely original, it does give the couple the chance to spend some quality time together which is the ultimate goal of a date night. Just spending some time together in a relaxing atmosphere can go a long way towards helping the couple to reconnect.

An activity as simple as **taking a long walk through your neighborhood** can be a date night activity. You can take the opportunity during the walk to talk to your partner and share your feelings. This can be an excellent way to reconnect with your partner at the end of the week.

Visiting friends and playing board games can also be a fun date night activity. It is not always necessary for date nights to include just the two members of the relationship. Spending quality time with friends can also be a great way to keep your marriage exciting.

Visiting a nightclub is another interesting date night idea. You may think that this kind of activity is only for singles but it can make a fun date night activity because it will remind you of your courtship. Reminiscing about the time when you were dating is one way to bring the vitality back to your relationship.

Enjoying a couple's massage is another wonderful date night activity for a married couple. The stress of their everyday lives probably doesn't offer them many opportunities to pamper themselves so this is the perfect chance for them to enjoy a relaxing experience together.

A video night is another great date night activity for a married couple. You don't even have to leave the comfort of your home, but if you put aside all of your daily activities and commit to spending a quiet evening enjoying a movie together this can be a wonderful date night idea.

Ordering takeout is another popular date night activity for a married couple. This is a great idea because it relieves the couple of the responsibility of cooking dinner but it also does not require them to get dressed up and travel to a restaurant to enjoy their meal either. Most restaurants offer takeout options so you won't even have to limit yourselves when choosing an option.

Married couples with children may even wish to include their children on an occasional date night activity. This gives the whole family the opportunity to bond and enjoy some quality time together. Choosing a child friendly restaurant that provides entertainment and a menu that is filled with foods that children enjoy makes this date idea sure to be a hit for the whole family.

Another date night idea that **includes the children is a trip to a local arcade or miniature golf course**. This gives the whole family the opportunity to participate in the games. The parents will enjoy the opportunity to act like a kid again and enjoy the games while the children will appreciate that their parents are enjoying activities that they like to participate in.

Regularly scheduled date nights are the key to helping a marriage to survive. Although they spend plenty of time together, there is very little time to really reconnect and enjoy quality time together unless you partake in regular date nights. Whether you choose to hire a babysitter for the night or include the children in these activities is irrelevant. What is important is that you and your spouse take some time to remember why you got married in the first place.

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