

Marriage Intimacy Tips for Parents

There's a lot to consider if you want to build a great marriage and kids. Here are the things we've found that help you keep your focus. We've organized these as questions you can discuss together.

- **Elevate your marriage relationship as the most important relationship. It's not selfish to guard your marriage.**
 - Are we making our children, friends, career, hobbies or volunteering our highest priority? If so, what do we need to begin changing?
 - How much time are we actually spending together making decisions about our family priorities?
 - What is driving us apart in our lives right now?
 - What should we stop doing?
 - What should we start doing?
 - What should we keep doing?

- **Let's be Honest about our Parenting motivations**
 - Are we letting our desire for recognition or fear of failure influence our decisions on where we volunteer?
 - Are we finding it un motivating to plan and spend time as a family? Why?
 - Are we trying to live out our missed dreams through our children's sports and hobbies, so we feel better?
 - Where might we be pressuring our children because it meets our needs, not theirs?
 - Do we tend to allow our children to do things that minimize our need to actively parent them so we can focus on our interests?
 - Are we more interested in their success than their enjoyment of their sports or hobbies?

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- How can we be more Relational as a Family?
 - Are we praying with our children before bedtime? Having them read God's word regularly and then asking them what they see?
 - How can we be appropriately transparent about our struggles?
 - Are we demonstrating affection with hugs, kisses and holding hands both as a couple and with our children?
 - Do our children know we prioritize relationships over everything else?
 - Do we know how to use good conflict resolution skills with each other and with others?
 - What are some examples of how we celebrate as a family regularly?
 - When will we schedule family activities that broaden our lives and build memories?

- What's our plan for dealing with the Distractions of Life?
 - Are we reminding ourselves that saying "YES" to one thing means saying "NO" to something else?
 - Do we have a Family Mission statement that ranks our priorities and focus?
 - Are we living out our mission priorities and focus?
 - Are we limiting our time to doing the things we are GREAT at or wasting time on things we aren't good at?
 - How are we working ourselves out of a job by training others to replace us?
 - Do we regularly and comfortably say "NO" or "NOT NOW" when asked?
 - Do we make time commitments as a family, not as individuals?
 - What is something we have committed to that we regret and need to discuss?

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- How can we Organize our Family Life for the best outcomes?
 - What are our regular mealtimes and who cooks and cleans up?
 - What are our regular study and quiet times?
 - What is our bath and bedtime schedule as a family?
 - When are we going to allow time on any type of screen and when are devices turned off and put away?
 - What are the assigned chores for everyone?
 - Should we have a weekly family meeting to discuss our busy schedule?
 - What chores are harder than they should be? How can we simplify them?
 - What am I doing that I am not good at? Can my spouse do that? Can I pay someone else to do it? Can we change it to make it better?
 - Where am I using my career as an excuse to not be a full partner at home?
 - In what ways are my children getting increasing responsibility each year?
 - How am I teaching my children better life skills in the areas of :
 - Budgeting and money management?
 - Giving generously to help others?
 - Saving for the future and delaying gratification?
 - Navigating good and bad friendships?
 - What are we doing in our family just because we did it when I was growing up? Is it worth continuing? What is the cost and benefit?

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- How do we Intentionally invest in our Marriage Intimacy.
 - Do my spouse and I have a minimum of 15 minutes of deeper conversation each day without distractions where we discuss how we are doing?
 - How consistently are we praying together for our family and marriage?
 - Are we individually reading God's word each day and meditating on how it applies to our lives?
 - Are our children seeing us practice spiritual disciplines in a healthy way?
 - What is our schedule for weekly dates and get-aways? Are we building intimacy or is it draining away?
 - Who can we partner with, so we have more options to get away? Other couples who can trade? Being creative by finding low-cost and simple options?
 - When we get away together, how do we intentionally spend time enjoying each other's presence and conversation rather than zoning out?
 - When we hit hard spots, are we humble enough to ask for outside help from counselors or experienced couples? Who should we ask?
 - Are we hiding any marriage issues and blindly hoping they get better?
 - What are some romantic gestures that would be meaningful to my spouse? How can I practice them regularly?
 - What is changing in our energy levels? Our bodies? Our interests and desires?
 - What are temptations we are facing?
 - What can we do to improve our conversations? How do we reduce blame or feelings of inferiority? What questions would help us talk about more things that matter to us deeply?