



loving encounters

Dr Peter Fraenkel, a relationship counsellor based in New York, USA, has many clients who are super busy. But he noticed that if they had 10 60-seconds intentional and caring encounters throughout the day, they were able to stay close even when things were crazy.

Here are some ideas. Do at least three before you part in the morning, one as soon as you meet again in the evening and the rest scattered throughout the day.



- Share a chocolate
- Make their favourite drink
- Kiss
- Send a fun text message
- Pop a note into a lunch box

Write something on the mirror with your lipstick or white-board pen

Hide a treat into their pocket

Pick them a flower

Sneak a hug from behind

Tickle them

Tell them what you appreciate about them

Say thank you

Call them just to say "I'm thinking of you"

Repeat your wedding day vow

Do their least favourite chore for them

Give them a foot massage or a back rub

Bring home their favourite snack

Do something silly: twirl them around, pull a funny face, etc.

Other ideas:

Want to read more? MumsAtTheTable.com/marriage_after_babies