

111 FUN DATE NIGHT IDEAS

BMWIK

BLACK AND MARRIED WITH KIDS



TABLE OF CONTENTS

WHY COUPLES NEED TO GO BACK TO THE BASICS WITH DATE NIGHTS BY TIYA CUNNINGHAM-SUMTER	3
FOUR WAYS TO SOLVE YOUR DATE NIGHT DILEMMA BY AMBER WRIGHT	5
DATE NIGHT GUIDELINES: HOW TO KEEP IT FRESH AND ALIVE BY DEBORAH MILLS	8
4 MARRIAGE-SAVING DATE NIGHT TIPS EVERY COUPLE NEEDS TO KNOW BY AMBER WRIGHT	11
111 FUN DATE NIGHT IDEAS	13
Five "Different" Ideas for a Great Date Night	14
Five Creative Dates - With Childcare Included	15
Top 10 Date Ideas to Improve Communication in Your Relationship	15
90 More Fun Date Ideas	18
LOVE COUPONS	23

WHY COUPLES NEED TO GO BACK TO THE BASICS WITH DATE NIGHTS BY TIYA CUNNINGHAM-SUMTER



Life always presents us an opportunity to practice our survival skills. I love the phrase to be aware is to be alive. For me, it means being observant of people, things and situations that challenge our safety or success. Once we feel threatened, our instinct kicks in and we do whatever is necessary to protect ourselves. We do the same where our hearts are concerned.

Our relationships sometimes present difficulties that cause us to put up our defenses. Most individuals put on the boxing gloves when we feel backed into a corner. In those moments, we ignore what's really happening around us and get caught up in our feelings. Focusing too much on ourselves will cause issues in other parts of our relationship. So being aware goes beyond our own safety to that of our marriage. We also have to keep our antennas up when we see attitudes and behaviors that threaten our marriage. Not only should we be aware, we must also take immediate action.

While disrespect, negative attitudes and energy should all be monitored, there is one particular component we take for granted. Date nights seem like a simple idea, yet so many of us married folk don't have it at the top of our list.

"Not being able to recall the last date you went on as a married couple is a problem."

If we are making excuses as to why we can't spend quality time with our spouse, the marriage isn't a priority at that moment. I know, I know... finances, children and no babysitter. I've been there, but who says a date night has to mean leaving home and spending money? Children do eventually go to sleep and I'm sure your home or apartment has a space where you can be alone and enjoy each other's company. **People always make time for what is most important to them.**

Dating, when we were single, was fun and all about getting to know the other person because there was a genuine interest and excitement. Think about how creative we were with the planning of the dates. We wanted to have those conversations and ask questions. Remember how the time together never seemed to be enough? We now take those moments for granted and aren't valuing them anymore. **Just because we've gotten to know each other doesn't mean there isn't more to learn.**

There are benefits that come from date nights that are significant to a healthy marriage.

1. Communication has to happen.
2. Couples have an opportunity to share as well as listen to the happenings of each other's world.
3. Intimacy happens during date nights. Physical interaction like kissing, and holding hands is necessary in marriage.
4. It eases tensions and it's an awesome reminder of the natural affection that should be evident in a relationship.

Back to the Basics

With so many couples suffering today it's important that we go back to the basics. The beginning of our relationships always started with dating. Why wouldn't we think it was still as important in our marriage today? It's time to use our survival skills to protect our marriage. Realizing the benefits of date nights is essential.

FOUR WAYS TO SOLVE YOUR DATE NIGHT DILEMMA BY AMBER WRIGHT



After weeks of feeling frustrated about my husband not taking me out on dates, I decided to do something about it. My problem was that I didn't quite know how to approach it without nagging him, while also clearly communicating the depth of my feelings. I took some time to think it through and found a way to handle it that went over very well!

#1. Express What You Need

Quality time is my primary love language. It means the world to me when my husband takes the time out to be with me, even if it's a quick coffee date to our favorite café. My husband knows that about me. However, I took for granted that we all need quick reminders about these kinds of things every now and again.

Because he knows what my love language is, I expected him to simply carry it out without hesitation (kind of like a, "You know it, so go do it!" approach). The issue with that is if I'm

trying to teach him how to speak my language, I'm the one with the tutorials and materials he needs to learn how to speak it fluently. Together, with practice on both of our ends, we can reach a common ground. This required input from me on what I needed from him, but felt like I was missing. I had to get crystal clear about what my needs were and then present it in a way he could receive.

#2. Ask for Help

Men like to fix things. If there's a problem, they want to solve it. I saw our lack of quality time as a problem and asked him to help me fix it. Asking for his input allowed us to have a good talk about what we both can do to connect on a regular basis. This approach was far less antagonistic than me keeping the spotlight on him and what he wasn't doing. Truth be told, a healthy marriage and active date life requires effort from both parties; not simply one or the other (unless you both establish that that's what works for you).

#3. Eliminate the Guess Work Out

I manage our social calendar. In between running errands on the weekends and all of the other things busy families tend to do - scheduling a regular date night got lost in the shuffle. To help take the guess work out of things, I suggested that we schedule our monthly date nights at the start of each month and then take turns planning. That's only six dates per person to get us through an entire year! We're both excited to try this method out. We also have to make an effort to spend a few minutes of uninterrupted time together each day to connect with one another.

#4. Change the Focus

I was talking to a friend who is also a relationship coach and she said something that really stayed with me. She pointed out how easy it is for us to focus on that ONE THING our spouse may be lacking in and thereby overlook all of the other things they do to show how much they love us.

That quietly convicted my heart because I realized that I had in fact, been focusing on what he wasn't doing and overlooking his other efforts simply because they didn't come packaged the way I wanted them to. Since that day I've been keeping a "love log" of the little things my husband does to show his love and appreciation for me.

By keeping those things front of mind, it helps me maintain the right perspective when I start to think he's not doing enough. It has also inspired me to step my game up and make sure I'm doing the things he needs, wants, and desires from me as well.

Date night is an important piece to creating a happier climate in every marriage. Whether it's playing board games at home or dressing up to see a play, both of you have to take part in keeping the connection between you alive and well. I'm happy to have shifted my focus a bit in this area and solve the date night dilemma.

DATE NIGHT GUIDELINES: HOW TO KEEP IT FRESH AND ALIVE BY DEBORAH MILLS



When it comes to date night, keep it fresh. Think of things to do that you have never done before. If you go out for date night once a month, take turns planning the evening, giving each spouse a chance to be surprised. Alternatively, plan your date night together and each of you plan a small surprise for the other person.

Anything can become mundane.

Yes, even date night. It's up to you to put a spark in there and keep things fresh. Do it for each other. Do it for your marriage. Even the kids will benefit when mommy and daddy are feeling refreshed and alive. If you don't know what to do for date night, sit down together and talk about it. If spontaneity works for your marriage, then go for it

Become tourists in your own area.

How many of us have never visited the historical sites in our own backyards? Just last week my husband and I took the day and travelled around our local area. We traveled about an hour away from home to Annapolis, Maryland. We saw the Naval Academy and the historic center of the city. It was beautiful. There were locals and tourists everywhere just enjoying the day. We fit right in, we were locals looking like tourists with our camera taking pictures of everything. After Annapolis, we went to Old Town Alexandria in Northern Virginia. We hadn't walked around Old Town in years.

Money was not a factor. The only thing the day cost us was time and a few dollars for gas. Don't let money be an excuse for not spending time together. There are many things you can do with your mate that will cost big money. Still and yet, many things you can do are low cost to no cost.

Whether it's an afternoon out or an evening in, date night is fun night. Use this time to enjoy each other. Serious discussions can wait. If you made an effort to clear your schedules, get a sitter, and plan your time together. Also, make an effort to enjoy each other - no pouting, getting annoyed or giving the silent/quiet treatment. Don't waste your time on such things that will spoil the night.

Keep yourself together.

In our house, we have a rule. No one gets mad on vacation. Keep yourself together. We are not paying our money to take five people on vacation for somebody to be mad. Put some controls on your emotions. We could have stayed at home and been mad. Use this philosophy when it comes to date night. You don't want to be mad at each other period, yet it does happen, but not on date night. On date night, get yourself together and have a good time.

Make the effort. Keep it fresh.

Find excitement in the challenge to do something new, different or perhaps something you haven't done in a long time. Take a dance class - we did ballroom dancing and laughed through the whole thing. Neither one of us are dancers but it was still fun. Go to the farmer's market together, you may find some new family favorites - we get a sweet potato pie that my husband thinks is the best.

1. Spend as much or as little money as your budget allows.
2. Get excited about being together.
3. Put some spice into things and surprise each other. Keep it fresh.
4. Plan to have a good time. Get your creative juices flowing.

4 MARRIAGE-SAVING DATE NIGHT TIPS EVERY COUPLE NEEDS TO KNOW BY AMBER WRIGHT



With all of the responsibilities life can bring, like kids, jobs and bills, it gets harder for couples to spend quality time together. Some couples go weeks or even months without going on a date; so when they finally do, it's more than a date - it's like an Olympic event!

A 2012 report released by the [National Marriage Project](#) found that couples who devote time to one another on a weekly basis are more likely to enjoy high quality relationships and lower divorce rates than couples that do not. Their findings identified communication, novelty, eros, commitment, and de-stressing as the benefits of having regular date nights. You can read the complete report [here](#).

Because we know that you may not have the time or resources to plan elaborate dates on a weekly basis, below are four easy tips for busy couples to build stronger marriages through dating.

#1. Make the Time

Whether you both work full time outside the home or one of you stays home, it can feel nearly impossible to find the time (or energy) to go out on a date at the end of the week. The truth is, you'll never find the time – you have to make the time. Break out your calendars at the start of every month and set your date night(s) in advance. This will give you something to look forward to and allows for plenty of time to find something fun and creative to do.

#2. Use Your Phone

There are several smartphone applications you can use to design the perfect date. If you need new restaurant ideas, check out Yelp. Want to know what movies are playing this weekend? Use Fandango to check times and purchase tickets. Planning a weekend getaway? Trip Advisor has everything you need. You always have your phone in your hand anyway, so why not use it to help strengthen your marriage? All of these apps have websites as well, in case you don't have a smart phone.

#3. Ask for Help

When the time comes for you to spend a night out of the house and away from the kids, you need someone to turn to for help. Calling on friends or family, a church family, or at the very least, a reliable babysitter is a must-do for couples. It is essential for every couple to have a network of people around them that are willing to support their marriage by watching the kids from time to time.

#4. Keep it Fun

Dinner and movie can be a complete date night snooze-fest after a while. Get out of your usual routine and try fun things like going to an amusement park, visiting a wax museum or go-kart racing! The idea is not just spend time together, but to create new experiences for you both to enjoy and look back on. Never underestimate the power of a good board or card game, too! Use date night as a time to connect and grow with your spouse. Create experiences that fit your time and budget.

111 FUN DATE NIGHT IDEAS

There's nothing better than setting aside quality time to spend with your best friend. Date night is something that married couples should cherish, because it's a sign of a healthy and happy marriage. So here are 111 fun date night ideas

Date Night with Tyler New Media/BMWK

1. **Watch a Tyler New Media film with your spouse** - A film pack of our movies has been included with this Date Night Package. Plan a date night with your spouse where the two of you watch one of the movies and have a discussion about the images and topics that you see in the movie. Discuss the marriages that you saw growing up, and how they impacted your perception of marriage. Discuss some of the challenges that the couples faced in the movies and the things they did to overcome them. Discuss any tools or tips that you can apply to your own marriage.

Another idea is to invite other couples over to watch the movies with you. Make it a group date night and discussion....it will be loads of fun!



Five “Different” Ideas for a Great Date Night

- Dancing** - I’m not talking about going to the club, popping bottles, yada, yada. Going to take salsa, merengue, or waltz dance lessons is a fun way to go out and have a great date. Also, many cities have “dance clubs”, which are groups of people who go to a specific location, as a group on a weekly or monthly basis. They dance the night away with what they have learned in their dance lessons. Dancing is great exercise and a chance to have a good time and maybe learn a new style with your spouse.
- Attending a Live Sporting Event** - Whether or not your spouse is into sports, the experience of going to a live sporting event can be a great date night. High school football and minor league baseball are events that have a family atmosphere and while somewhat relaxed, still have exciting moments and can be a lot of fun, without dealing with large crowds and higher ticket prices. Professional Sporting Events often can give someone who might not normally be a fan of a sport, the excitement and passion of the crowd when the home team scores a touchdown or a slam dunk.
- Couples Night** - Several of our most fun dates have been hanging out with other couples. Sharing experiences over dinner or a glass of wine can be fun and relaxing as we all get to know each other. Couples nights expands our network of friends and acquaintances and give us an opportunity to build deeper relationships with other couples.
- Trying Something New** - Everyone hasn’t been to the ice skating rink, so if you haven’t, get with your spouse, find a rink and lace up those skates! Maybe these are “late afternoon” dates, but horseback riding, paintball and fishing are a few things that you may have never done before, but trying them with your spouse makes for a great time and a great memory—together!
- Go to a Comedy Show** - I think laughter goes such a long way in relationships. Experiencing good comedy together is always a way to make our days a little better. Whether it’s a comedian that has a major concert tour or a small, intimate setting, enjoying comedy together is often memorable and it’s giving each other a reason to laugh-which is always a good thing.

Five Creative Dates - With Childcare Included

7. **Go to the gym** - Many gyms these days have some type of childcare plan. I pay a little extra each month for my son to have fun in the childcare room while I get a good workout in. If you have this benefit in your gym membership, take advantage of it and spend some time working up a sweat together.
8. **Go to Ikea** - I don't know if they're like this all over, but the Ikea in our area has a childcare, perfect for those moments when you want to spend some time deciding on bathroom shelves without your little ones trying to climb on them. Even if you aren't in the market for new furniture, it can be fun to walk around creating your imaginary home, childfree.
9. **Go to church** - Okay, so I know you shouldn't just be going to church for childcare, but if your church has a childcare, why not take advantage of the added benefit. That way you can both actually pay attention to the service and talk about the message afterward instead of having one of you ask the other what the service was about because you were outside dealing with an overactive toddler.
10. **Start a kid-swap** - If you have trusted friends with kids who are equally as overdue for a regular date night as you are, one couple can commit to watching each other's kids one night a month while the other goes out, and vice versa. That way you won't have any excuse for not putting date night on your calendar.
11. **Meet for lunch** - If you work in close enough proximity to one another, try to meet up during the day to eat while the kids are in school or daycare. Or if your work schedule/vacation/personal time permits, find a day to go in late, head out early, or take the day off together if you have the luxury.

Top 10 Date Ideas to Improve Communication in Your Relationship

What types of dates are best for having deep conversations? I learned they don't have to be complicated, but they also don't have to be boring. I encourage you to date, but don't just have dates filled with activities and distractions. Have dates that are intentional about growing your relationship. Great communication is the key to that. Relationships built on solid communication are relationships that will thrive in all circumstances.

12. **A walk in the park** - Take a walk with your spouse in a scenic area. If you live in the city with limited nature, then walk and talk in your neighborhood. Make sure you hold hands.



13. **A patio date** - Put the kids to bed, or lock them inside the house. Yes, inside! Go out to your patio with lemonade, or your favorite

drink, and strike up a conversation. Talk about your past, your present, and your future.

14. **Random chat from a hat** - Put a variety of conversation topics in a hat. When you are on your date, pull out one of the topics and talk about it. Don't allow the kids to come up in conversation, the bills, work, or anything else. Talk exclusively about that topic. (This can be used to facilitate conversations for any of the above or below date ideas)

15. **Late night coffee shop date** - Coffee shops like Starbucks are full of people during the day. However, late at night before closing it can be very quiet. Find the hours of coffee shops near you, and stop by the last 45-60 minutes prior to closing. Grab a warm drink and chat away.

16. **Ice cream date** - If you have an ice cream shop within walking distance take advantage! Walk, holding hands, to the shop and grab some ice cream. Sit outside and talk while eating and talking. Don't sit inside if possible. Get outside. Then enjoy your walk, and talk, back home.

17. **Visit the art gallery** - The art gallery is a quiet place. It is not "library quiet" where talking is discouraged, but it is quiet and intimate. Whether you are into art or not. Whether you know a lot or a little about art. Go check out some pieces and discuss them. You'll learn a lot about one another when you do.

18. **Double Dutch bike riding** - Remember the old school double dutch bikes? My grandfather used to have one, and I wonder if he and my grandmother ever had a "bike date." Take a light bike ride. Although you will be active you can still enjoy a good conversation. If you don't own one, rent one at a bike shop.



19. **Star gazing** - Similar to the patio date, lock the kids inside if they are home with you and go outside. Lay in the grass, look up at the stars, and talk. Just like the art museum some interesting and perhaps revealing conversations will take place. You could also drive to an open area where you can see the stars, get out and sit on the hood and talk. That is old school.
20. **Paint something** - Paint a room in your house, just the two of you. Paint a painting. You will be forced to talk. And then you'll have something, the finished painting, which reminds you of the conversation you had when you worked on it.
21. **Create a scrapbook** - Find some old pics, some new pics, scrap booking supplies, and a room alone. Talk and create a book that you'll remember and love to share later on.

90 More Fun Date Ideas

22. Meet your spouse after work and go to a Happy Hour
23. Netflix and Redbox Are Your Friends - Can you beat having over 1,000 movies at your fingertips for \$8 a month and right out the box.
24. Matinee Movies and lunch - Most movie theaters have matinees before noon for \$5-\$7. Who says a good movie date has to be at night?
25. Have Sex - Duh. I know some married folk don't have sex anymore but maybe if we did we'd have less affairs and divorces going on. Let's try it out ya'll....plus, it's free!!!!!!!!!!
26. Go Roller-skating
27. Go Fishing
28. Go to a festival in your city. We love summer and fall festivals.
29. Volunteer at a food bank or another service organization together
30. Go to a marriage ministry event your church
31. Go to a marriage ministry event at a different church - You will meet other couples.
32. Get a couple's massage together
33. Take a cooking class together
34. Take a hand dancing class together - We did this one...it was so much fun.
35. Go line-dancing together
36. Take Salsa lessons together - If you search on the internet, you will find a class in your area.
37. Go bowling
38. Go swimming - have you ever hung out at the pool together without the kids...It's so much fun!

39. Go hiking
40. Go on a bus tour around your city
41. Take a one day trip to a city in your area (within 2 hours) - Be tourists for a day and return home.
42. Book a local hotel via one of those discount travel sites - Have a many vacation right there in your own city.
43. Go to a Sunday Brunch Buffett - Take your time, eat a lot and talk a lot.
44. Go house hunting - Even if you are not looking to buy a home, it's always fun to tour neighborhoods and talk about your Dream Home.
45. Go to the Zoo
46. Go to a pumpkin patch, an apple orchard, or a strawberry field
47. Go to a local winery for a tour and wine tasting
48. Have a picnic at the local park
49. Go to an amusement park for the day
50. Cook a romantic dinner for your spouse....with wine, a special recipe, candles, mood music...the works.
51. Have a cook off
52. Stay up all night talking... Like you used to do when you were first dating.
53. Give your spouse a massage....one that lasts more than five minutes. Get some oils, candles, slow songs, and take your time with it.



54. Take a bath together
55. Take a shower together
56. Go to a play
57. Go to a concert
58. Go to a comedy club
59. Have a bible study together at home
60. Visit a Bookstore
61. Take jog in the park
62. Complete a puzzle
63. Go to a Drive-In
64. Recreate your most memorable moments (first kiss & first date)
65. Read a marriage book together and discuss what you've learned - a great book to start with is *The Five Love Languages* by Dr. Gary Chapman. Learn each other's love language and then work on ways you can begin to speak it.
66. Surprise him Date night - You plan the date and just tell him to show up.
67. Visit Dave & Busters (or an establish like it where you can eat and play games)
68. Reunite with other couples - Couples date night.
69. Drive around the city, sightseeing.
70. Watch a Movie Marathon. Ex; Matrix
71. Draw each other portraits & frame them
72. Go kayaking
73. Visit a pet store & play with the puppies
74. Create a marriage bucket list together

75. Go to the farmers market
76. Make pottery
77. Attend a poetry reading
78. Go to a Karaoke Bar - don't just watch...participate. It's so much fun!
79. Attend a spoken word performance - This is what we did on our very first date. It was so much fun.
80. Make homemade pizzas
81. Build a fire and roast marshmallows
82. Take a Factory Tour
83. Fun water balloon fight.
84. Take a fitness class together
85. Play a deck of cards
86. Run a 5k together - we did this and had so much fun training for it.
87. Visit a Corn Maze
88. Carve Pumpkins
89. Play the game, "Two Truths & a Lie"
90. Camp out in the backyard
91. Go get Frozen Yogurt
92. Go visit a thrift store
93. Mini-Golf
94. Watch a New TV Series
95. Go play in the park like kids

96. Visit Historic Sites
97. Make a Couples Time Capsule
98. Go paddle boating together
99. Go whitewater rafting
100. Create a photo booth
101. Fly a kite on a windy day
102. Write letters to each other and open them up years later.
103. Attend a symphony or orchestra
104. Watch a foreign film and read the subtitles
105. Play a Wii game together
106. Do a scavenger hunt
107. Visit the aquarium
108. Go-Cart riding
109. Test Drive Dream Cars
110. Have fun times at an arcade
111. Have fun at Laser Tag

LOVE COUPONS

The best gift that you can give your mate is "you." So, here are several blank love coupons that you can print, cut out and give to your spouse. Give them love coupons that offer a back rub, a special dinner, or a foot rub.

LOVE COUPON
<i>THIS COUPON IS GOOD FOR</i>

♥ _____

LOVE COUPON
<i>THIS COUPON IS GOOD FOR</i>

♥ _____

LOVE COUPON
<i>THIS COUPON IS GOOD FOR</i>

♥ _____

LOVE COUPON
<i>THIS COUPON IS GOOD FOR</i>

♥ _____

LOVE COUPON
<i>THIS COUPON IS GOOD FOR</i>

♥ _____

LOVE COUPON
<i>THIS COUPON IS GOOD FOR</i>

♥ _____

LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR



LOVE COUPON

THIS COUPON IS GOOD FOR

 _____

LOVE COUPON

THIS COUPON IS GOOD FOR

 _____

LOVE COUPON

THIS COUPON IS GOOD FOR

 _____

LOVE COUPON

THIS COUPON IS GOOD FOR

 _____

LOVE COUPON

THIS COUPON IS GOOD FOR

 _____

LOVE COUPON

THIS COUPON IS GOOD FOR

 _____

LOVE COUPON

THIS COUPON IS GOOD FOR

 _____

LOVE COUPON

THIS COUPON IS GOOD FOR

 _____