

## In Love, Don't Neglect the Little Things

Valentine's Day is the time to do something nice for your partner - take him out to dinner, bring her flowers, etc. Couples generally put a lot of effort into showing they love each other on this one special day. These are expected and large ways to show love, but loving relationships can be enhanced every day of the year in a lot of little ways.

Taking the emphasis off of the holiday, and focusing on the meaning behind the holiday is essential.

For example, one woman said her husband bought her a whole set of kitchen cabinets and what she really would have liked was for him to go shopping and help purchase some gifts for their children. That would have meant much more to her, and she would have felt more cared about. People have different ideas about how they'd like their partner to show love and what kinds of things show that their partner loves them. One man brought his wife a cup of hot chocolate in bed each morning before he left for work, just because he knew it made her feel special. Another woman made sure she vacuumed the house before her husband came home from working the night shift so the noise wouldn't keep him awake.

Here are some suggestions for everyday ways to show love for your partner:

- ÿ If you leave for work early, leave a love note for your partner on the kitchen table or bulletin board.
- ÿ Take the children to the library so that she can have a few hours to herself.
- ÿ Keep the children quiet so he can sleep when he has worked the night shift.
- ÿ Ask him what he'd like to watch on television before just turning it on, instead of assuming he'd just love to watch All My Children with you.
- ÿ Brew her favorite cup of coffee or tea and invite her to chat with you.

***These tips were provided by Julie Jurich, Ph.D. Julie is a Licensed Marriage and Family Therapist and a Certified Sex Therapist with Associated Counseling Professionals in Omaha.***