

Mom ^{and} Daughter Date Ideas

BASED ON YOUR CHILD'S LOVE LANGUAGE

WORDS OF AFFIRMATION

A SPECIAL TREAT AT A CAFE OR RESTAURANT (SPEND TIME TALKING AND AFFIRMING WHO THEY ARE)

WHETHER YOUR CHILD IS GREAT AT SPORTS OR COULD USE SOME ENCOURAGING IN THAT AREA, TRY OUT A BATTING CAGE, BOWLING ALLEY, OR OTHER SPORTS ACTIVITY AND LAY THE COMPLIMENTS ON THICK.

FISHING OR OTHER QUIET NATURE ACTIVITY WITH LOTS OF TALKING

SCAVENGER HUNT WITH HINTS THAT COMPLIMENT THINGS ABOUT THEM

DO A CREATIVE ACTIVITY LIKE A DROP-IN IMPROV CLASS OR PAINT NIGHT THAT YOU KNOW THEY WILL EXCEL AT (LET THEM SHINE)

PDA: TAKE OUT AN AD IN THE NEWSPAPER, POST ON SOCIAL MEDIA OR DO SOMETHING THAT AFFIRMS SOMETHING AWESOME ABOUT YOUR KID - AND SHOW THEM. (FOR PARENTS OF OLDER KIDS, MAKE SURE YOU DON'T ADD ANYTHING EMBARRASSING THAT YOU FIND CUTE!)

DO SOMETHING SPECIAL TO ACKNOWLEDGE AN ACCOMPLISHMENT AND MAKE IT CLEAR THAT THE SPECIAL THING IS BECAUSE OF THEIR ACCOMPLISHMENT - TRY TO BRING IT UP AND COMPLIMENT THEM ON IT AT LEAST 3 TIMES. (FOR EXAMPLE, TAKE THEM OUT FOR ICE CREAM AND MENTION IT WHEN YOU'RE ON THE WAY, WHILE THEY ARE PICKING OUT THEIR FLAVOR, AND WHILE THEY ARE ENJOYING IT.)

ASK THEM TO TEACH YOU SOMETHING - WHETHER ABOUT A TOPIC THEY KNOW MORE ABOUT, OR JUST SOMETHING THEY ARE LOVING. MAYBE IT'S JUST SHOWING YOU THE LATEST DANCE MOVE.

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QUALITY TIME

CREATIVE CLASS - CHECK TO SEE IF YOU HAVE A DROP-IN ART STUDIO OR POTTERY GUILD IN YOUR AREA

HAVE THEM SHOW YOU A HOBBY OR ACTIVITY THEY LOVE THAT YOU HAVEN'T TRIED YET (POKEMON GO? TRAMPOLINE PARK?)

PICK OUT A BOOK OR A MOVIE SERIES THAT YOU WILL EXPLORE JUST THE TWO OF YOU - EVEN IF YOUR CHILD IS "TOO OLD" TO BE READ TO, YOU CAN HAVE A MOM AND DAUGHTER BOOK CLUB WHERE YOU GRAB A CUP OF TEA AND TALK ABOUT THE BOOKS (OR EVEN JUST HANG OUT READING)

SET A SPECIAL "DATE TIME" AND DON'T BREAK IT - THIS ONE MIGHT BE TRICKY FOR SOME FAMILIES, BUT EVEN AN EARLY MORNING "TEA DATE" OR "CAR DATES" (IN BETWEEN ACTIVITIES) CAN BE REALLY SPECIAL

DIG THROUGH YOUR MEMORY BOX OR OLD PHOTO ALBUMS AND SHARE SPECIAL STORIES ABOUT THE ITEMS IN IT

GO FOR A DRIVE OR A WALK, LISTENING TO MUSIC YOU BOTH LIKE

THEMED FAMILY NIGHTS - MY DAUGHTER LOVES THESE. I DO A SIMPLE RECIPE BASED ON A MOVIE OR BOOK AND WE ENJOY THE MEAL WHILE WATCHING THE MOVIE (OR READ THE BOOK AFTERWARDS). IT DOESN'T HAVE TO BE COMPLICATED - THINK, SPAGHETTI FOR LADY AND THE TRAMP, ADDING SOME STAR SPRINKLES ONTO HOT CHOCOLATE FOR A STAR WARS MOVIE NIGHT, ETC.

GET DRESSED UP AND DO SOMETHING SPECIAL TOGETHER - EVEN IF IT'S JUST A PICNIC IN THE PARK!

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RECEIVING GIFTS

TAKE THEM TO A BOOK STORE OR LIBRARY, READ A FEW BOOKS, AND THEN PICK OUT A SPECIAL ONE TO BRING HOME (LET THEM HAVE A SAY, EVEN IF IT'S HORRIBLE LITERATURE)

TAKE THEM FOR A WALK OR DRIVE TO GET A SPECIAL TREAT

SURPRISE THEM WITH A THOUGHTFUL ADDITION TO A SPECIAL COLLECTION SEND THEM MAIL - WHETHER JUST A POSTCARD OR ORDERING A SMALL THING ONLINE, THE ACT OF RECEIVING SOME THOUGHTFUL MAIL WILL BE TREASURED.

PICK UP A SPECIAL TREAT FOR THEM WHILE SHOPPING - EVEN IF YOU'RE AT THE GROCERY STORE! A SMALL TOKEN TO SHOW THAT YOU WERE THINKING OF THEM

GIVE THEM SOMETHING SPECIAL OF YOURS THAT YOU KNOW THEY WILL LIKE - WHETHER IT'S SOMETHING FROM YOUR CHILDHOOD OR SOMETHING FROM YOUR CLOSET. SPEND SOME TIME TELLING THEM ABOUT IT AND SETTING IT UP IN THEIR ROOM/HELPING THEM TRY IT ON

GIVE THEM A GIFT CARD FOR AN ACTIVITY THAT YOU CAN DO TOGETHER - WHETHER IT'S A PHYSICAL ACTIVITY OR EVEN IF IT'S JUST GOING FOR ICE CREAM!

SPEND TIME TOGETHER MAKING SOMETHING SPECIAL FOR THEM - WHETHER IT'S LEARNING HOW TO SEW OR MAKING SOMETHING SPECIAL FOR THEIR BEDROOM.

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PHYSICAL TOUCH

GO FOR MANICURES OR PEDICURES TOGETHER - MY DAUGHTER LOVES THE HAND MASSAGE PORTION OF THIS!

GO FOR A COUPLES MASSAGE - YUP! WE'VE DONE THIS, AND IT WAS SO MUCH GIRLY FUN!

WATCH A MOVIE - AT HOME OR IN A THEATRE WITH JOINING SEATS AND HAVE A GOOD CUDDLE

DO THEIR HAIR BEFORE GOING OUT FOR A SPECIAL DATE - AND SPEND SOME TIME JUST PLAYING WITH THEIR HAIR OR GIVING A LITTLE SCALP MASSAGE LIKE THEY DO AT NICE SALONS

HOLD HANDS WHILE SPENDING TIME TOGETHER

GIVE THEM A MASSAGE! MY DAUGHTER LOVES WHEN I MASSAGE EITHER HER FEET OR HER BACK WITH A BIT OF ALMOND OIL. IF YOUR CHILD IS OLDER AND MAYBE UNCOMFORTABLE WITH THIS, THEY MAY STILL LIKE GOING FOR A "COUPLES MASSAGE" WHERE YOU GET TO JUST ENGAGE IN SOME GIRL TALK AS YOU BOTH GET RELAXING MASSAGES (MY DAUGHTER AND I DID ONE AND IT WAS SO CUTE HEARING HER GIGGLE THROUGH THE MASSAGE)

DO A PHYSICAL ACTIVITY THAT INVOLVES TOUCH - A DANCE CLASS, ROCK CLIMBING, ETC.

PLAYGROUNDS OFTEN INVOLVE PHYSICAL TOUCH - HOLD HANDS WHILE GOING DOWN A SLIDE, GENTLY PUSH ON SWINGS (OR IF THEY ARE LITTLE ENOUGH, LET THEM SIT ON YOU OR FIND A PARK WITH A "FAMILY SWING"), ETC.

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ACTS OF SERVICE

BREAKFAST IN BED (AND STICK AROUND TO CHAT ONE-ON-ONE!)

MAKE A BATCH OF THEIR FAVORITE TREATS AND TAKE THEM ON A PICNIC

TEACH THEM SOMETHING THEY'VE SHOWN INTEREST IN (FISHING, AN INSTRUMENT, ROLLERBLADING)

HAVE THEM TEACH YOU SOMETHING THAT THEY ARE GOOD AT - AND SHOW A DEDICATION TO LEARNING.

HELP THEM WITH A PASSION PROJECT - FROM GATHERING THE MATERIALS, TO THE FINAL STEPS, DEDICATE YOURSELF TO THEIR INTERESTS FOR AWHILE

DO SOME OF THEIR CHORES FOR THEM AS A SURPRISE, AND THEN SPEND THE TIME THAT THEY "SAVED" DOING SOMETHING SPECIAL JUST THE TWO OF YOU

TAKE THEM SOMEWHERE THAT THEY LOVE AND YOU BARELY TOLERATE - AND MAKE AN EFFORT TO HAVE FUN. THEY'LL KNOW THAT THIS IS FOR THEM

SHOW THAT YOU TOOK THE TIME TO CREATE AN ACTIVITY/DATE THAT THEY WILL REALLY LOVE. MAYBE BY ADDING A THEME TO THE NIGHT, OR MAKING SPECIAL RESERVATIONS THAT SHOW FORETHOUGHT (MANY RESTAURANTS THAT ACCEPT RESERVATIONS WOULD BE OPEN TO ARRANGING A SPECIAL DELIVERY OR A PLACE CARD FOR YOUR CHILD - AND THESE LITTLE TOUCHES MEAN THE WORLD)

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