

# Parent/Child Date Guide



The goal is to strengthen the relationship between the parent and child outside of the home and model what healthy dating looks like in the future! This will also create healthy habits for you both personally as you grow in your relationship together!

## INTIMACY QUIZ

### SCAN THE CODE

This code takes you to the Intimacy Quiz! Make sure to go over this before your date!



This is for both of you to take! It helps prepare you for your date!



## PICK A LOCATION

This can be anywhere you both like to go, but also where you can have good conversation. Some ideas include dinner, mini-golf, the zoo, or a baseball game!

## NOW YOU ARE READY TO GO ON YOUR DATE!

- Head to the date location as the parent models for the child how a date should go (e.g.: open the car door, pay for the meal, use words of affirmation, etc.).
- Be Relational: Give each other your undivided attention as you ask intentional, in-depth questions about the other person's day and interests. (e.g.: don't be on your phone checking social media, make eye contact, ask good follow-up questions to each other's responses).
- Go over the Intimacy Quiz results to ensure you know how to best care for each other and what relational needs you both have.
  - Go and do: take the top three intimacy needs for each other and put them on your mirror in your room or even your bathroom. This will propel your relationship as they are visible to you and you will become more intentional every day to meet them! Make it a goal to meet each other's needs every day!
- Be Consistent: Set a date once a quarter to consistently go on a date and plan future dates together.
  - Add it to your calendar at least once a month!



**TIP:** As you both grow in your relationship together and your needs change, it may be a good idea to retake the Intimacy Quiz!