

My Rest and Recuperation (R&R) Plan

What to Expect:

- Plans Change
- People Change
- Manage Expectations
- Relax & unwind
- Re-establish intimacy

Tips for Success:

- Share feelings
- Help children re-connect
- Consider everyone's needs
- Be considerate & understanding
- Beware: the "honey-do" list
- Leave big issues for later

When You Plan:

- Communicate!
- Stay flexible
- Allow time for adjustment
- Avoid a negative start
- Keep routines
- Don't plan major

SM Wishes

FM Wishes

Options

<p><i>Spend time with friends</i></p> <p><i>Spend lots of time with the children.</i></p>	<p><i>Have as much quality time with SM as possible.</i></p> <p><i>Have a break from the kids.</i></p>	<p><i>Designate one night to have all friends over at same time.</i></p> <p><i>SM take kids on an outing and give FM time at home alone.</i></p>
<p><i>Would you like to come home for R&R or meet somewhere else?</i></p>	<p><i>Would you rather have a friends and family party at the house or find a restaurant to meet at?</i></p>	<p><i>Meet at home and do a party for only one night with friends.</i></p>

Personal Notes: