

Dating Advice: First Date Do's and Don'ts



On this week's episode of [Single in Stilettos](#), founder and matchmaker Suzanne Oshima talks to relationship expert and author of *121 First Dates* Wendy Newman to talk expert [dating advice](#) on first date do's and don'ts.

Dating Advice: First Date Tips

Dating experts acknowledge that it can take awhile to find the man of your dreams, but they have some dating tips on how to act on a first date.

1. **Show up natural.** Be yourself and don't have an agenda.

Throw away that checklist and don't prequalify the person you're dating.

2. Get to know each other. Show up and try to get to know who the person is. Find out what they love and what they're passionate about.

Related Link: [Author Wendy Newman Shares the Relationship and Love Advice She Learned After 121\(!\) First Dates](#)

3. Be clear if you don't like him. Be gracious and pleasant, but don't act happy and flirty only to say no to a second date or dodge his calls.

4. Don't be negative. A first date is not the time to complain about your day at work, your parents, your friends, or even an ex. Be positive and pleasant to be around.

5. Don't talk about the long term future on a first date. Women think they're serious and that men date for sport. But it's just the way that you approach dating that's different. Men realize that a first date is just a first date. It's a baby step. Expert dating advice: Don't go into it trying to find your husband. Just try to get to know each other.

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