

# Celebrity Couple Gwen Stefani & Gavin Rossdale Visit a Park with Their Sons



By Meghan Fitzgerald

Sunday, March 24th, rockstar, Gwen Stefani and husband, actor, and musician, Gavin Rossdale strolled happily along in a park through L.A.'s Sherman Oaks neighborhood. Their two sons, Zuma, 4, and Kingston, 6 took turns hitting a baseball around, reported [UsMagazine.com](http://UsMagazine.com). [Celebrity Baby Scoop](http://CelebrityBabyScoop.com) states that the couple and children headed there way to the Easter bunny, and later taking a family hike through the Hollywood hills.

**What are some ways to keep the romance alive when you have kids?**

## **Cupid's Advice:**

Kids are messy, chaotic, all-in-all, a ton of work. They consume the majority of you and your partner's time out of the day. Most people say new couples with children will experience sexual disconnect, this is true. It also continues on in the relationship if you don't do something about it. Cupid has some advice to keep a spark in your relationship when you have kids:

**1. Sex:** Being intimate with your partner will sure as anything keep your romance alive. The only problem here, is you have kids. Kids who probably spend nights in your bed. Kids who are constantly around, and wanting to be around. To keep the romance alive through intimacy, it would be useful if you planned weekends, or nights to get away. Whether you send your kids to your parents, or book a hotel for a night, it is possible to do!

**2. Date nights:** Do you remember the days when you and your partner went on constant dates? Even if it wasn't constant, the romance was present when you and your mate spent nights together. Plan a date night every other weekend, or every two weeks if every other isn't possible. Go out to your favorite restaurant, or a local bar. Having date nights will make you two realize how much you love each other and it will definitely keep the romance alive.

**3. Attentive:** Be attentive to your partner, and hope that your mate is attentive to you and your needs also. Being attentive shows your partner how much you care about them and your relationship. It also shows that you love them because you are willing to take time away from your kids and spend it on them. Ask them how their day was, what they're thinking about, if they need help with anything.

**Did you keep the romance alive when you had kids? Explain your experience below!**