

# Vanessa Lachey Explains Having Date Night on Father's Day



By Petra Halbur

Vanessa and Nick Lachey decided to dedicate last Father's Day to romance. The couple spent the day with their nine-month-old son, Camden, in New York. The happy trio took a boat ride around Manhattan and had lunch together, according to [People](#). In the evening, Vanessa and Nick treated themselves to a date night. According to Vanessa, keeping the spark alive is very important in their relationship. "I think people sometimes get lost in their kids and they may have forgotten what got them there in the first place, which is their relationship," she told [Parade](#).

## **What are some ways to keep the spark alive in your relationship?**

### **Cupid's Advice:**

When you and your partner are struggling to balance careers, children and other obligations, romance tends to go on the back burner. It's important to remember, though, that your relationship still deserves attention. Cupid has some ideas to help keep the spark alive:

**1. Take a tantric sex class:** While the meditative and ritualistic practice of Tantra entails far more than just sex, many western couples have testified that tantric sex classes transformed their relationship by introducing them to an entirely new approach to love making. At the very least, it will get you two out of the house.

**2. Change it up:** The next time you have a date night, don't spend it at the same restaurant you always eat at. Try something new. Go to an ice-skating rink, take a moonlit walk through the park, go dancing at a salsa club. At the very least, make reservations at a restaurant you've never been to and order a heretofore un-sampled dish.

**3. Read *50 Shades of Grey*:** While literary critics and feminists have taken issue with E.L James' best seller, the novel's raunchy content has reportedly saved marriages by encouraging couples to discuss sexual tastes and satisfaction.

**How have you kept your relationship hot? Tell us below.**