

Matthew McConaughey & Camila Alves Enjoy Some Alone Time



According to [OK!](#)

[Magazine](#), actor Matthew McConaughey shared a rare moment with his Brazilian model and designer girlfriend, Camila Alves: they walked the streets of New York City's TriBeCa – sans strollers! The couple, known for bringing their children around wherever they go, decided not to bring little Levi and Vida along this time.

How important is time alone with your partner without your children?

Cupid's Advice:

Couple time is vital to all relationships. Seeking a little refuge from the consistency of parenthood never hurt anyone. Cupid says snag some free time!

1. Hire a babysitter: Even if it's for an hour or two, hire

some help so you and your mate can escape for a little bit. Go out to dinner; getting out of the kitchen and enjoying a meal that someone else prepares can be relaxing.

2. Make use of your parents: Have family in town? Use 'em! They are the ultimate built-in nannies for your kids. Any grandparent would be happy to watch their little ones, and this is a great way to ensure a tight bond across all generations.

3. The buddy system: Have a friend in the neighborhood with children the same age as yours? Why not team up and take turns watching each others' kids? The little ones have play-dates, and the adults can have a breather – everybody wins!