

# 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!