Great Getaway Ideas for Parents: *Reconnecting Without the Stress*



— by Rebecca Hastings

As parents, finding time to reconnect often feels impossible. Between busy schedules, childcare challenges, and the daily grind, carving out quality time together can seem like a luxury. But sometimes, a quick getaway is all you need to recharge and strengthen your relationship. Whether you have just a day, a weekend, or one special night, these ideas offer inspiration at a variety of price points to fit your lifestyle.

1. THE DAY TRIP: ESCAPE THE ROUTINE FOR A FEW HOURS

When time is tight, a day trip can be a simple yet meaningful way to hit reset. The key is choosing a destination that offers a mix of activities to enjoy together without feeling rushed.

I Tried It: Newport, Rhode Island

My husband and I started the day with a stop at Sift, a favorite coffee shop along the way to fuel up for the adventure ahead. Then we spent the morning exploring Newport's Cliff Walk, to get fresh air with a gorgeous view. After a long walk, we indulged in an early dinner at Scales & Shells before heading home.

Why It Worked: We kept it simple. The drive was only an hour and a half and we didn't try to pack things in. We chose places ahead of time so we weren't trying to figure it out as we went. This helped us focus on enjoying our time together without stress.

How You Can Do It: Pick a destination within an hour or two of home. Whether it's a scenic trail, a charming small town, or a cultural hub, plan one active outing and one relaxing meal to make the most of your time.



2. THE WEEKEND GETAWAY: A MINI-RETREAT CLOSE TO HOME

When you can spare a few nights, a local weekend getaway offers a chance to unwind, reconnect, and enjoy the slower pace of life. This option is perfect if you want to feel far from home without traveling too far.

I Tried It: Postcard Cabins

These nature-inspired tiny cabins are tucked away in serene locations just a short drive from major cities. We were lucky to have one less than an hour away, so we headed out after work. The first night we grabbed pizza on the way and settled into the cabin. A fun card game and a long night walk were the perfect way to leave the stress of the week behind. The rest of the weekend was spent hiking nearby trails, stargazing by the fire pit, and savoring uninterrupted conversations. The simplicity of the surroundings makes it easy to relax and reconnect.

Why It Worked: It wasn't about activities. Staying in the cabin was simply about spending time together, embracing the quiet, and enjoying uninterrupted time together. We had no agenda. Instead of busying ourselves with activities, we took time to relax.

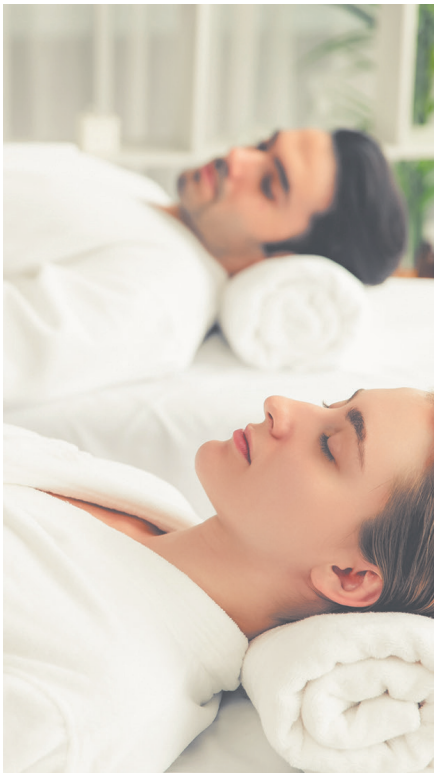
How You Can Do It: Look for unique accommodations near nature, like cabins, glamping sites, or boutique inns. Even if you're not outdoorsy, the quiet and simplicity of these settings can work wonders for your relationship.

3. THE LUXURY NIGHT AWAY: TREAT YOURSELVES TO PAMPERING

Sometimes, you just need a taste of luxury to feel refreshed. A single night at a resort or high-end hotel can deliver the relaxation and indulgence you deserve while still being manageable to plan.

I Tried It: Winvian Farm in Connecticut

We arrived at this luxurious resort that offers themed cottages, spa treatments, and farm-to-table dining and immediately felt pampered. It was lovely to spend the day getting couples' massages and enjoying a decadent dinner before retreating to our cozy accommodations. In the morning we felt like the everyday cares had melted away.



Why It Worked: As parents, we are so busy taking care of everyone else. Taking one night for a getaway felt easier than planning a weekend, and the luxuriousness of the resort made every minute count.

How You Can Do It: Search for resorts, boutique hotels, or even urban hideaways offering spa services, gourmet dining, and other perks. Prioritize places with an all-inclusive feel so you can relax without planning too much.

WHY THESE TRIPS MATTER

These short trips don't just offer a break from the daily grind—they create space for meaningful connection. You don't need a weeklong vacation or elaborate plans to enjoy quality time as a couple. Even a few hours away can leave you feeling refreshed and closer to each other.

So, grab your calendar, find a day or two that works, and choose a getaway idea that fits your budget and interests. The most important part isn't where you go—it's taking the time to prioritize your relationship.

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