

Be active

To most women, there really isn't anything overly attractive about a man who sits around watching TV all weekend and doesn't play with his kids.

So it stands to reason that if you appear to be unmotivated and uninterested in spending time with your family, your family won't want to spend time with you. You sitting around the house reading the paper while your wife takes the kids to their sports on weekends is just a recipe for disaster, especially if it happens on a regular basis.

If you find that you are spending much of your time just laying about, not working in the yard, not interacting with the family, it might be worth a talk with your wife or a visit to a doctor, as there could be underlying issues. But neglecting your health and thereby neglecting your family will make your wife feel resentful and, rather than communicate with you, she will probably start bottling her feelings up and they will come out in negative ways when you least expect it over seemingly trivial things.

Go to the kids' sports as a family, wash the car, mow the lawn, fix the garage door. Get up, get out and do some things that get the blood flowing and enable you to bond with your wife and kids.