

ENJOY
 THE JOURNEY
 TOGETHER

Life

STRATEGIES FOR OWING BACK
SCREEN-TIME DETOX.....
 RECIPES TO COOK WITH KIDS

SPECIAL
 SECTION
 Set
 Your Family
 Goals



A Vacation Just for You Two

On these weekend getaways, you can forget drinking wine in the bathroom and fumbling around in the dark to avoid waking the kids. Their sleepy little heads (and all their gear) will be at home with a babysitter. Yes! →

by **KAREN CICERO**
 photograph by **THAYER ALLYSON GOWDY**

LAS VEGAS

BITES Skip the bottomless buffets in favor of better-quality spots like **Harvest by Roy Ellamar** at the **Bellagio** and **VegaNation**. Locals also love **Raku**, a Japanese restaurant. Or just for dessert, try its sister shop, **Sweets Raku**.
SITES Book tickets for one of the new concerts or shows in town like **Aerosmith**, **Friends! The Musical Parody**, or **David Lee Roth**. Jimmy Kimmel's new comedy club at **The LINQ Promenade** is also worth staying up late for.

OVERNIGHTS If you want casino-free lodging on the Strip, consider the plush rooms at the **Four Seasons Hotel Las Vegas**. Think you'll gamble a little? Then stay at **The Venetian Resort**, which has an amazing pool scene that now includes floating daybeds. Swoon!



PORTLAND, OREGON

BITES Grab an Ice cream at the local fave **Salt & Straw**. "The flavors like Salted Caramel Thanksgiving Turkey are worth the line," says Jordan Allen, founder of **Stay Alfred** and dad of three. For casual food and stunning cocktails, Portlanders flock to **Yonder**, **Ciuro**, **Hat Yai**, and **XLB**.
SITES Hike the forest trail from **Lower Macleay Park** to **Pittock Mansion**, built in 1914. After 5 p.m. on Fridays, head to the **Portland Art Museum** for \$5 admission and special events like pop-up exhibitions, art making, and improv.

OVERNIGHTS The three Stay Alfred rental condos are in great downtown locations, with modern vibes and a fridge to stash your leftovers. For a romantic hotel downtown, go with the **Sentinel**.

Slip Away During a Big Family Trip

Start out vacationing with the grandparents, then fully entrust them with the kids while you and your honey check into a different hotel.

Leave the kids at WALT DISNEY WORLD
 Drive two hours southeast to the glorious white sand at **Hutchinson Shores Resort & Spa**, in Jensen Beach, Florida. A romance package includes champagne and strawberries, breakfast, late checkout, and a sunset view. Rooms start at \$157 per night.

Leave the kids at DISNEYLAND
 Refresh at **Terranea Resort**, a 90-minute drive from Anaheim, California. Seaside yoga, nature walks, and sunset rituals are included in the stay. You can book **Terranea's** romance package, which includes rose-petal turndown service. Rooms start at \$299 per night.

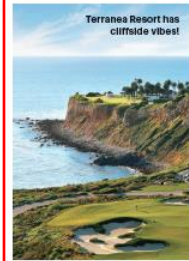
Leave the kids at RENAISSANCE ARUBA OCEAN SUITES
 Check into the adults-only property next door—the **Renaissance Marina Hotel**. "The food at **L.G. Smith's Steak & Chop House** was amazing," says Parents staffer Jamie Lee, who renewed her marriage vows on the trip. "My husband and I are still dreaming about their private island and thatched cabanas." All-inclusive rates start at \$179 per night.



BRING THE GRANDPARENTS
 Scan this code with your phone's camera for more ideas for vacations with the grands (no app needed).

Leave the kids at THE HENDERSON BEACH RESORT, IN DESTIN, FLORIDA

Go next door to the adults-only **Henderson Park Inn**. "We celebrated my husband's birthday there," says Brandi Newman, a health and wellness blogger and mom of three. "We rode bikes near the resort, played on the beach swings, and had a drink by the firepit." We shot this issue's cover at the beach outside this resort. Rooms start at \$229 per night.



Flamingo Beach at the Renaissance Marina Hotel's private island is just for grown-ups.



The Kids Will Be Okay!

Couples-trip veterans tell you how to worry less and relax more.

Call home just once a day. "We FaceTimed with our kids right before their bedtime every night," says Jen Yelle, of Bordentown, New Jersey. "If you call more often, you won't disconnect enough to enjoy yourself."

Travel with other parents. "When you and your partner both miss your kids, having another couple around helps pick you up," says Katryna Kirby, of Pecatonica, Illinois, who takes a kid-free trip with her husband and their friends every year. Their fave getaways have included Boston and Banff, Alberta.

Split up child care. If you can't find someone you trust to take the kids for the entire trip, break it into two shorter stays. "My mom and sister took turns watching the kids when we went to Santa Cruz on a belated honeymoon," says Jessica Russell, of Bethlehem, Pennsylvania.

Don't worry about their routines. "My parents let my kids bring iPads to the table and sleep in their bed," says Jenn Andriik McMurrer, of Norwalk, Connecticut. "We had some undoing to handle when we got home, but it was so worth it."

LEFT: LATE-DAGREAU/ISTOCK; RIGHT, FRONT: COURTESY OF THE RESORT; COURTESY OF JAMIE LEE.