

Tips For Partner *Communication*

Set aside time to have the hard conversation

1

"Can we find a time in the next day or two to go over everything we're both trying to get done?"

"Let's sit down for half an hour this evening and review both of our to-do lists."

Start with your (shared) goals

2

"So much has changed. Let's talk about how we're going to make this work for us both."

"I'd like to explore a new way to work together to create more balance and efficiency with household tasks as I return to work."

Share your hopes and fears

3

"I realize I'm trying to cook, clean, and watch the baby. When I sit down to focus on my job, I'm already exhausted."

"We're both time-starved, so let's work toward being more thoughtful with how we each manage our valuable time. I would love for us to be true collaborators."

Ask for their perspective

4

"I know this is hard for you, too. What is your biggest concern right now?"

"I've shared my concerns. What are you most worried about?"

5

Brainstorm and experiment

Can we try this division of chores for one week and see how it works out for us?"