

# PARENTING PARTNERSHIPS

## Sharing the mental load

52% of mothers feel burnt out from the wight of the mental load

### **The mental load**

*Every physical, financial, or emotional task someone manages and completes that often goes without acknowledgement or pay and is necessary for the household to run smoothly*

### **Prepare to share**

Set your intention ————— Focus on "I" not "you"

List it ————— Emotional, physical, financial tasks

Discuss & prioritise ————— Celebrate, automate, outsource

Make it stick ————— Be adaptable and supportive

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# PARENTING PARTNERSHIPS

Daily stress-reducing conversations

Small acts of kindness, understanding and conflict regulation every day strengthens relationships

## Create time to emotionally check in with each other

Taking 20-minutes to connect is a simple step to help manage external stressors, stay connected and obtain support from each other.

### Activity

1. Choose who will start as the speaker and listener.
2. Speaker, think of something stressful that you would like to share with your partner. This should be something going on in your life that is not directly related to a relationship issue.
3. Ten minutes - discuss this stressful situation. Describe the circumstances, your feelings, etc.
4. Listener, follow the recommended guidelines. Do not try to problem-solve for your partner.
5. After ten minutes, swap roles. The listener becomes the speaker and shares a current stressor.

### As a listener

1. Show genuine interest
2. Communicate understanding. *"How frustrating! I can understand why you feel that way."*
3. Offer support ("We" against others). *"I wish that person would stop hurting your feelings!"*
4. Create solidarity. *"You are not alone."*
5. Show similarities. *"I can understand because..."*
6. Show affection. *"Come here and let me hold you; I am on your side."*
7. Help your partner to problem solve *"Let's figure this out."*
8. Listen first before suggesting solutions. Understanding must precede advice!

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