

# 10 Tips to Communicate, Problem Solve and Work Together as a Team



## CURIOS CONVERSATIONS TO HELP YOU WORK AS AN EFFECTIVE TEAM

### 1. Give your partner your full attention

Put away distractions and connect during moments when the baby is calm.



### 2. Listen to learn and understand

Quiet your inner voice that wants to 'help' by fixing, solving, giving advice from your perspective.

### 3. Be open to learning new perspectives

Your partner's experience and perspective may be different than your own.

### 4. Ask open ended questions to understand

Open questions begin with who, what, where, when and how. 'Tell me more' also keeps the conversation open to understanding.

### 5. Validate your partner's feelings

Accept that their feelings or experiences may be different from yours.

## PROBLEM SOLVING AS AN EFFECTIVE TEAM



### 1. Keep the focus on the goal

The health and wellbeing of your child.

### 2. Clearly identify the problem using 'I' Statements

Eg. "I feel\_\_" "I need\_\_" "I want\_\_" instead of 'you are' statements. This can result in your partner feeling criticized, judged, and can be hurtful.

### 3. Restate what you have heard back to make sure you are on the same page

Eg. "It sounds like\_\_" "What I am hearing is\_\_"

### 4. Follow up with open ended questions to better understand the problem

Eg "How can I help?" "What do you need?"

### 5. Come up with a plan

Continue your curious conversations as you figure out a plan that works for the both of you.

- When having curious conversations and problem-solving as an effective team, give your partner respect by listening without interruption.
- Remember to be open to listening to their perspective and experience even if they are different from your own.