

# Women's Health

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## GET HIM TO DO HOUSEWORK

### Lose Control

**Yes, you want everything to be perfect--but maybe it's time to let him do more of the work**

By Morgan Lord

#### Planning getaways

**Why you do it** Sure, a poolside massage is a higher priority for you than for him, but that's not the only reason women find themselves knee-deep in travel guides. For one, we're better at coordinating details that mesh logistics and aesthetics (a hotel's location, the thread count of its sheets, the atmosphere in its lobby...). According to Brizendine, the female brain boasts more connections between hemispheres, a characteristic that lets us more efficiently process different types of information.

**Why he doesn't** Because we seem to enjoy it. "Every time we handle all the aspects of a trip, we condition men to think we don't want them to chip in," Coontz says.

**Strike a balance** Choose three destinations together, then ask him to make the final call. "Granting him that power will pique his interest," Parrott says. Suggest that you each make a list of the things you want to see and do. "Then you should each make half of the arrangements," Arden says. The hard part is fighting the female urge to supervise. "Show that you trust him to follow through," Coontz says. That said, you might want to put the stuff you really care about on your half of the list.

#### Dishing up grub

**Why you do it** Women are more concerned about calories and cholesterol and more aware of how food affects mood and energy levels, says American Dietetic Association spokesperson Katherine Tallmadge, R.D.

**Why he doesn't** Most guys grew up with moms who cooked for them, so now they see the kitchen as foreign territory, Coleman says.

**Strike a balance** There's no need to beat around the broccoli. Hand over a stack of fast-and-easy cookbooks and tell him point-blank that you expect him to cook three nights a week (which, he'll have to admit, is more than fair). "Men want to make their partners happy and like being told exactly how they can accomplish that," Coleman says. If his first few meals bomb, just remember that you didn't have to make them. "Once you let go of the reins, as hard as that is, you'll feel relieved and less critical," says **Noelle Nelson, Ph.D.**, author of *The Power of Appreciation*. Then, when dinner tastes great (or at least not awful), heap on the praise. "Nothing makes men more eager to help around the house than appreciation," Coleman says. Should you have to tell him he rocks just because he made couscous? No. But don't knock it if it works.