

## **Carry the bags when you get out of the car**

There are so many times when this will apply, from the few day-to-day bags of groceries to the trips away with loads of luggage.

If you've been on a picnic with your family, you will know that there are several items involved in the outing – the fold-up chairs, the esky, the picnic blanket, the bag with the kids' toy cars, the bag with the nibblies, your wife's handbag, the kids' hats, etc. The majority of the items you have with you are for *all* of you, not just your wife, whether you think most of them were necessary or not. By getting out of the car and walking away to find your friends or a shady spot and leaving your wife to carry the majority of the luggage you are sending a very strong message that you have no thought or respect for how she will manage to get everything out of the car and over to the picnic area, that all you are concerned about is what you want to do – not what is best for both of you. When you get out of the car, take the heavy items, and offer to come back for another load rather than her straining herself. It is a small way of showing that you respect her, but it is one of the small tokens that will mean the most, and help to make your wife feel a bit more content within herself.

Bringing home groceries from the shop is the same. If you are home, it is just good manners to help your wife bring in the shopping. There's not much point in you sitting there watching TV while your wife makes numerous trips to and from the car bringing in bag after bag of shopping. Again, this is just a matter of simple courtesy and manners. Think about how you would like to be treated and treat your wife accordingly.