

# 5 Ways to Build Family Teamwork

## Work on projects together.

Get your family involved with projects around the house together or volunteer together in the community. Everyone feels great when the project is completed.

## Talk about being a team.

Words reinforce the teamwork mentality. Compliment kids when you see them work as a team. Root for each other and remind kids when one of you succeed, you all do.

## Keep competition fun.

In families, competition is only for games and nothing else. In a good team, everyone works together for the common good. Beware of words you use that might give your kids the impression you're comparing them to one another.

## Play cooperative games.

Play games together that don't involve competition but instead require everyone to work together for a common goal from story-telling to strategizing against an "enemy" in a board or video game.

## Be an all-inclusive team coach.

You don't need to involve your kids in all family decisions, but give them a voice and ask their opinions when you can. Let them weigh in on family vacation ideas or other big decisions your family is making when appropriate.