

FAMILY DIVISION OF LABOR: A WORKSHEET

Child-Related Responsibilities

OVERALL RESPONSIBILITIES	Parent	MORE OVERALL / OTHER	Parent
Finding and Managing Daily Childcare		Tidying Baby’s Room (sheets, diaper pail, etc.)	
Booking Back-Up, Evening, and Weekend Childcare		Administering Vitamins / Medicines	
Washing, Folding, and Putting Away Baby Laundry		Scheduling Kids’ Activities	
Scheduling Pediatrician and Doctors Appointments		Packing / Unpacking for Family Travel	
Stocking Baby Essentials (diapers, baby food, etc.)		Other:	

MORNING DUTY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning Wake-Ups (after 4am)							
Changing Diapers / Dressing Baby							
Feeding the Baby							
Prepping Food and Bottles for Daycare							
Packing the Baby’s Bag for Daycare							
Daycare Drop Off or Nanny Transition							
Other:							

EVENING DUTY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daycare Pick Up or Nanny Transition							
Changing Diapers							
Feeding the Baby							
Bathtime							
The Bedtime Routine							
Washing Bottles / Pump Parts							
The Overnight Shift (before 4am)							
Other:							

General Household Responsibilities

OVERALL RESPONSIBILITIES		Parent	MORE OVERALL / OTHER					Parent
Meal Planning			Managing the Family Calendar					
Grocery Shopping			Paying Bills and Managing Family Finances					
Vacuuming			Caring for Family Pets					
Cleaning Kitchen			Yard Work, Watering Plants					
Cleaning Bathrooms			Car Maintenance					
Family Laundry (adult clothes, linens)			Taking Out Trash and Recycling					
DAILY RESPONSIBILITIES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Preparing Meals								
Loading / Unloading Dishwasher								
General Tidying Up								