

FAMILY DIVISION OF LABOR: A WORKSHEET

Baby-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	
Managing Day-to-Day Relationship w/ Childcare		Scheduling Kids' Activities	
Washing, Folding, and Putting Away Baby Laundry		Arranging Playdates	
Scheduling Pediatrician and Doctors Appointments		Packing / Unpacking for Family Travel	
Stocking Baby Essentials (diapers, baby food, etc.)		Organizing Weekly Date Night	
Other		Family Archivist (Making Albums, Printing Photos)	

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							
Other							
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							
Other							
Other							