

FAMILY DIVISION OF LABOR: A WORKSHEET

Child-Related Responsibilities

OVERALL RESPONSIBILITIES

Parent

Booking Back-Up, Evening, and Weekend Childcare

Overseeing Kid Chores

Washing, Folding, and Putting Away Kids' Laundry

Stocking Kid Essentials (school supplies, etc.)

Other

Other

MORE OVERALL / OTHER

Parent

Scheduling Pediatrician and Doctors Appointments

Administering Vitamins / Medicines

Packing / Unpacking for Travel

Organizing Weekly Date Night

Family Archivist (Making Albums, Printing Photos)

Other

SCHOOL-RELATED RESPONSIBILITIES

Parent

Managing Communication with School

Managing After-School Childcare

School Volunteer Obligations (food drives, etc.)

Researching / Registering for Kid Activities

Managing Transportation for Kid Activities

Other

Other

SOCIAL PLANNING

Parent

Organizing Playdates

Buying Birthday Gifts for Friends

Organizing Birthday Celebration

Overseeing Birthday Thank You Notes

Other

Other

Other

MORNING DUTY

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Wake Up / Getting Dressed

Making Breakfast

Packing Lunches

Checking Backpacks

School Drop Off

Other

Other

EVENING DUTY

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

School Pick Up or Childcare Transition

Homework Help

Making Kid Dinner

Bathtime

The Bedtime Routine

Other

Other