



Dads for Gender Equality

☐


Take paternity leave alone

☐


Do nighttime feedings

☐


Plan, shop for, and cook dinner regularly

☐


Volunteer at school

☐


Track the family calendar & kid schedules, read school and kid activity emails

☐


Talk to your partner about how to share the load (including mental load) equally

☐


Switch to a 4-day workweek

☐


Encourage employer to improve support for parents and part-time employees

Want to make some changes?

You can edit this at
TheTripClip.com

This list is designed to fit perfectly on a kid-sized clipboard:



Or try it on any mobile device!



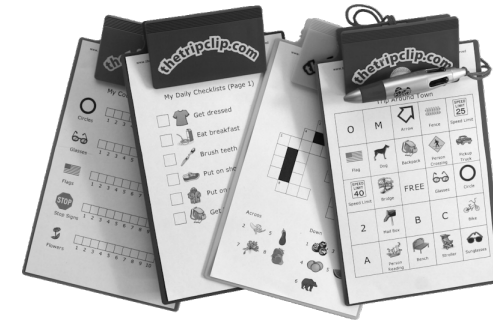
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