



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](https://www.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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