



Teach Kids About Mental Load



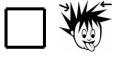
TRASH:

Observe when it's full, know and remember which night is trash night, take bins to the curb and back in without reminders, ensure there are trash bags on hand



EXTRACURRICULARS:

Choose them; sign up in time; track practices, rehearsals, games, performances; get there/organize rides; keep uniform/dress clothes clean; handle end of year coach gift



HAIRCUTS:

Choose salon, schedule appointments w/out reminders, get there, pay



LAUNDRY:

Do their own laundry, including sheets and towels weekly, without reminding

