


What Do You Do All Day?



Year-Round Coordinating

- ☐  Family calendar - add events/activities, handle conflicts, communicate to extended family
- ☐  Paperwork for kids - permission slips, participation forms, medical forms, read the curriculum forms, PTSA sign-up forms
- ☐  School - communicate with school, volunteer, provide snacks, read school newsletter and emails
- ☐  Appointments - find providers, schedule appointments, submit reimbursements, pay bills: doctor, dentist, optometrist, haircuts, vet, maybe allergist, orthodontist, therapist, etc.
- ☐  Kid activities - research, sign up, coordinate with friends, buy gear/supplies
- ☐  Summer camp signups
- ☐  Kid clothes shopping - including extras for sports, concerts, holidays, vacations, seasonal changes, growth spurts
- ☐  Family travel - plan, book, pack and unpack



Social

- ☐  Monitor family social lives - play dates, date nights, seeing family friends and relatives
- ☐  Stay in touch with out of town family and friends
- ☐  Feast days - plan, shop, clean, cook, coordinate special occasions
- ☐  Buy presents - holidays, family birthdays (near and far), kids' friends' birthdays, send thank you notes
- ☐  Babysitters - scout out and successfully book a qualified sitter
- ☐  Family archiver - collect photos from phones/cameras, make albums, print photos














Household

- ☐  Cleaning - vacuuming, dusting, cleaning bathrooms, cleaning kitchen etc.
- ☐  Laundry - incl linens, household laundry, kid laundry: sort, wash, fold, put away
- ☐  Trash & recycling
- ☐  Yardwork
- ☐  Car & bike maintenance
- ☐  Finances - sort mail, pay bills, manage investments, manage health insurance/FSAs, taxes
- ☐  Hiring for/managing home improvements or repairs
- ☐  Research major purchases



Daily Family Care

- ☐  Track daily calendar - know and plan for today and upcoming week, get everyone to/from everything with correct clothes/snacks/stuff
- ☐  Meal planning
- ☐  Grocery shopping
- ☐  Cooking
- ☐  Dishes - clear table, leftovers, load/unload dishwasher
- ☐  Tidying up
- ☐  Morning kid duty - everyone up, fed, dressed, lunches and backpacks packed
- ☐  Evening kid duty - school/activity pickup, homework help, track grades, bath time, bedtime
- ☐  Oversee kid chores
- ☐  Pet care
- ☐  Keep household supplies on hand

Learn about ways to share the load...