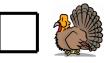


Plan play dates, date nights, seeing family friends and relatives



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



Find and book qualified sitters



Family archiver - collect photos from phones & cameras, make albums, print photos



## A workbook for parents striving to be equal partners

- 1. Take time to talk through each worksheet
- 2. Assign the tasks by putting someone's initials in each box
- 3. Aim for that person to own the mental load and the execution
- 4. When needed, use the line underneath to track exceptions
- 5. Note that some tasks are 10x others, and 'fair' will be different for every family - the goal is to find what works for yours
- 6. Remember you can revisit this as you learn the best ways to share the load
- 7. Learn more at www.thetripclip.com/share-the-load