



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





Daily


-  Track daily/weekly calendar


-  Morning: Get kids up, fed, dressed, lunches packed, to school


-  After School: Pickup, snack, activities, homework helper

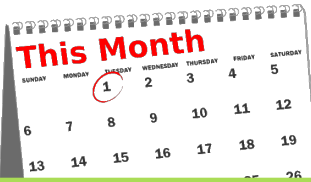
-  Dinner: Meal plan, grocery shop, cook

-  Do dishes and dinner cleanup

-  Tidy up

-  Pet care

-  Bedtime: Get kids in PJs, teeth brushed, stories read



Year-Round

-  Kid clothes shopping

-  Household shopping

-  Research major purchases

-  Yardwork

-  Car & bike maintenance



-  Finances - sort mail, pay bills, manage money, insurance, taxes




-  Do or hire for home improvements and repairs


-  Family travel - plan, book, pack and unpack





Cleaning

-  Pick up _____
-  Vacuum

-  Sweep _____
-  Dust _____
-  Clean bathroom

-  Clean kitchen

-  Trash & recycling

-  Laundry: clothes, kid clothes, linens, sheets, sort, wash, fold, put away



Water plants



School



Handle all papers, medical forms, permission slips



Read school emails



Volunteer



Provide classroom snacks and supplies




Track assignments and grades



Buy supplies




Activities


 Choose which ones, find programs, sign up on time

 Point person for all emails/communication

 Track practices, lessons, games, performances

 Shop for gear and supplies

 Drive to/from all related events, coordinate carpool

 Handle snacks, volunteer jobs, thank you gifts



 Summer camp planning and signups





Church attendance, activities, engagement




Appointments


- 
 Find providers
 Doctor _____
 Dentist _____
 Eye _____
 Haircuts _____
 Orthodontist _____
 Allergist _____
 Therapist _____
 Tutor _____
 Vet _____
 Other _____
- 
 Schedule and attend appointments


- 
 Pay bills, handle insurance claims _____
- 
 Take care of prescriptions





Social


- 
 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
