









# 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







# Share the Load

A worksheet for parents striving to be equal partners

Learn more at [thetripclip.com/share-the-load](http://thetripclip.com/share-the-load)











# 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