

AN EQUAL DIVIDE?

To complete this worksheet, check off whether each item is handled mostly by you, your partner, equally or outsourced (either to paid help or assigned to children.) Each person can complete this exercise individually and compare notes or work on it together. Obviously, if one spouse works and the other doesn't, the division at home will and should be lopsided. So take that into account when you go over this list. Either way, it's a way to start a conversation about creating a more equitable system for your family.

1. Handling child care providers (researching, hiring, communicating with care providers, e.g. nanny, day care or part-time baby sitters)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

2. Cooking and meal preparation (breakfast, lunch, dinner, snacks)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

3. Dishwashing

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

4. Laundry

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

5. Ironing, dry cleaning, tailoring

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

6. Grocery shopping

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

7. Yard work (gardening, mowing, raking)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

8. Home decorating (purchasing furniture, décor)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

9. Child extracurricular activities during the week (researching, driving to, waiting during, equipping, scheduling)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

10. Child weekend activities (transporting to/attending games, performances, birthday parties, social events, religious education)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

11. Summer camp planning and coordination (researching, registering, handling pickup/drop-off)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

12. Maintaining family-of-origin relationships (calling Mom and Dad, mailing gifts, planning visits)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

13. General household cleaning, weekly or more frequently (mopping, dusting, sweeping, vacuuming, garbage removal, cleaning bathrooms, changing bedding, cleaning out the fridge, picking up daily clutter)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

14. Making travel arrangements, planning vacations, packing

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

15. Birthday party planning, decorating, hosting

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

16. Holiday preparation (cards, meals, decorations, extra cooking and cleaning)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

17. Social outreach (setting up play dates, interacting with neighbors, making plans with friends, maintaining the social calendar)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

18. Financial tasks (bill paying, health claims, tax prep)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

19. Filing and clearing out the daily mail

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

20. Consumer research and handling family's technology, cell phone service, cable, Wi-Fi

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

21. Shopping for goods (school supplies, clothes, household needs, appliances)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

22. Buying the gifts (birthdays, weddings, showers, holidays)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

23. Helping children with homework (or finding tutoring)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

24. Putting kids to bed, waking up with them in the middle of the night

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

25. Getting kids ready for school, dropping them off, meeting the bus in the afternoon

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

26. School-related tasks and communication (contacting teachers, delivering forgotten items, attending conferences and school performances)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

27. Staying home with sick kids

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

28. Keeping track of the family's scheduling

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

29. Dealing with home repairs, home renovations

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

30. Documenting family history (taking and organizing photos)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

31. Disciplining kids (establishing boundaries and enforcing consequences for misbehavior)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

32. Managing major upheavals (moves, home sales, funerals, job losses)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

33. Making medical and dental appointments (checkups, follow-ups, acute or chronic medical or psychological needs)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

34. Pet care (walking, feeding, checking out kennels, vet visits)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

35. Emotional care-taking (resolving playground disputes, offering advice, keeping the peace among siblings, planning date nights)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

36. Long-term financial planning (retirement, college tuition, investments, wills)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

37. Car maintenance (oil changes, registration, repairs)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

38. Large project organizing (cleaning out garage, basement, storage areas)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

39. Seasonal cleaning (washing windows, rotating wardrobes, cleaning out closets)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

40. Volunteering for school field trips, class parties

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

41. Managing or providing care for elderly or sick parents

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it

42. Minor home repairs (changing bulbs, filters, hanging pictures)

- Mostly me
- Mostly my partner
- Mostly equal
- Someone else handles it