



# Family Chore List

1. Find ways to divide up the chores in a way that works best for you both.
2. Better understand what is on each of your plates.
3. Learn what makes you each feel appreciated and supported.
4. Understand what each other might need help with when dealing with an illness or when traveling.
5. Increase communication and team approach to problem-solving.

<b>Family Task List:</b>	<b>Mom</b>	<b>Partner</b>	<b>Child</b>	<b>Outside Help</b>
<b>In-home tasks:</b>				
Meal Planning				
Making breakfast				
Making dinner				
Setting table				
Cleaning up dinner				
Taking out trash				
Cleaning house				
Dishes				
Laundry				
Dealing with mail				
Filing important documents				
Planning social calendar				
Writing holiday cards				
Yard care				
Taxes				
Insurances				
Paying bills				
Finances				
Scheduling home repairs				
Scheduling doctors appts				
Doing or being home for repairs				
Planning & organizing travel				

<b>Family Task List:</b>	<b>Mom</b>	<b>Partner</b>	<b>Child</b>	<b>Outside Help</b>
<b>Out of home tasks:</b>				
Earning income				
Clothing shopping				
Prescriptions				
Shipping				
Dry cleaner				
Grocery shopping				
Getting gifts				
Buying clothes				
Servicing cars				
<b>Child related tasks:</b>	<b>Mom</b>	<b>Partner</b>	<b>Child</b>	<b>Outside Help</b>
Providing Childcare				
Dressing in morning				
Bathing kids				
Preparing bottles/meals Breakfast Snacks Lunch Dinner				
Cleaning pump/bottles				
Diapers				
Putting to bed				
Nighttime care needs				
Investigating childcare/schools				
Carpool Scheduling				
Doctor's appointments				

1) Now circle the tasks that you each dislike doing the most.

2) Put a star by the tasks that partner does that most make you feel appreciated.

