

# Baby-related responsibilities

## Task

## Name

Washing, folding and putting away baby laundry

Scheduling medical appointments

Stocking baby essentials, e.g. nappies, clothes

Tidying baby's room

Emptying nappy bin or washing reusable nappies

Administering medicines

Organising baby's activities, e.g. baby swimming

Packing/unpacking for family travel

Other (add your own)


M T W TH F S SU

Overnight shift (before 4am)

Early morning wake-ups (after 4am)

Dressing the baby

Changing nappies

Feeding (formula, breast milk or solids)

Preparing and storing solids

Settling to sleep in the day

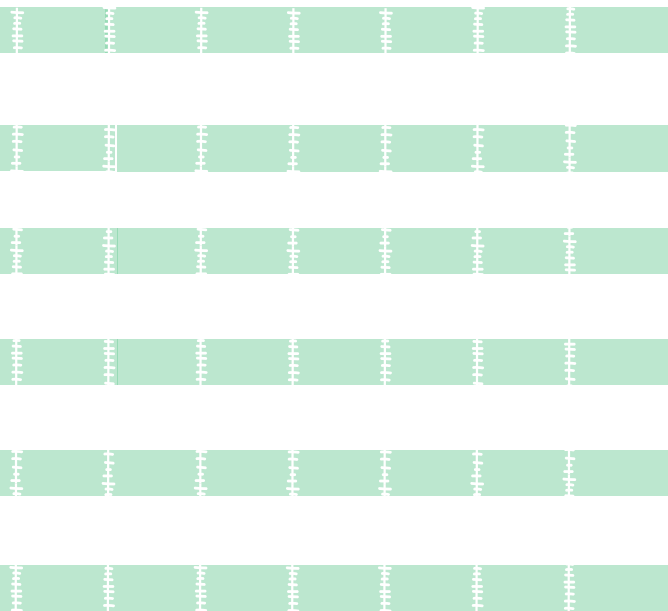
Playing with, reading to and entertaining

Bathtime

Bedtime routine, including settling to sleep

Washing bottles or pump parts

Other



## Name

Finding childcare

Managing day-to-day relationship with childcare

Booking back-up, evening and weekend childcare

Other


M T W TH F S SU

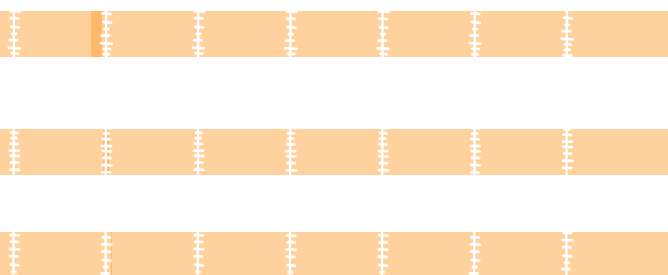
Preparing food and bottles for childcare

Packing the baby's bag for childcare

Childcare drop-off or nanny transition

Childcare pick-up or nanny transition

Other



Overall Tasks

Daily Tasks

Overall Childcare Tasks

Daily Childcare Tasks

Tips on the next page!

# Top tips

- Find what works for you, every couple is different
- Move on from disagreements and come back to them at the end
- Complete the baby care wall chart alongside
- Does it seem fair once completed?



## Adapt it to suit your needs



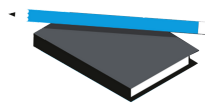
### Frequency

Many of these tasks will be performed multiple times a day such as feeding, settling and changing nappies. Others you might carry out on a weekly basis, such as preparing solids. Customise the wall chart worksheet to suit your rhythm.



### Tasks

Some tasks will only become relevant at a certain age, for example, preparing solids or managing childcare. These can be ignored until then. You might also want to break down some tasks, for example, the bedtime routine. Add new tasks and sub-tasks into the 'Other' lines.



### Update often

Different tasks become relevant and take more or less time as the baby gets older. You may also be taking parental leave at different times. Come back to the chart and update it as often as needed.



### Split responsibilities

If both of you are responsible for a task, decide how that will work between you. Do you split it based on time of day (e.g. morning vs. evening), by different sub-tasks (e.g. energy vs. council tax bills), or by alternating? If it is not clear, one of you will probably end up doing most of it.

## Handy Pointers

Most couples have different expectations and standards for how things should be done. That is fine as long as you discuss it and come to an understanding.

Don't forget 'hidden' work. If you are responsible for a task, that means remembering to do it, any research related to it and keeping track of it. If you find you have to remind each other about tasks you are not responsible for, there are probably different expectations worth discussing.

Some tasks take longer than others. For example, cleaning the kitchen takes longer than taking out the rubbish. Account for that when dividing responsibilities.

