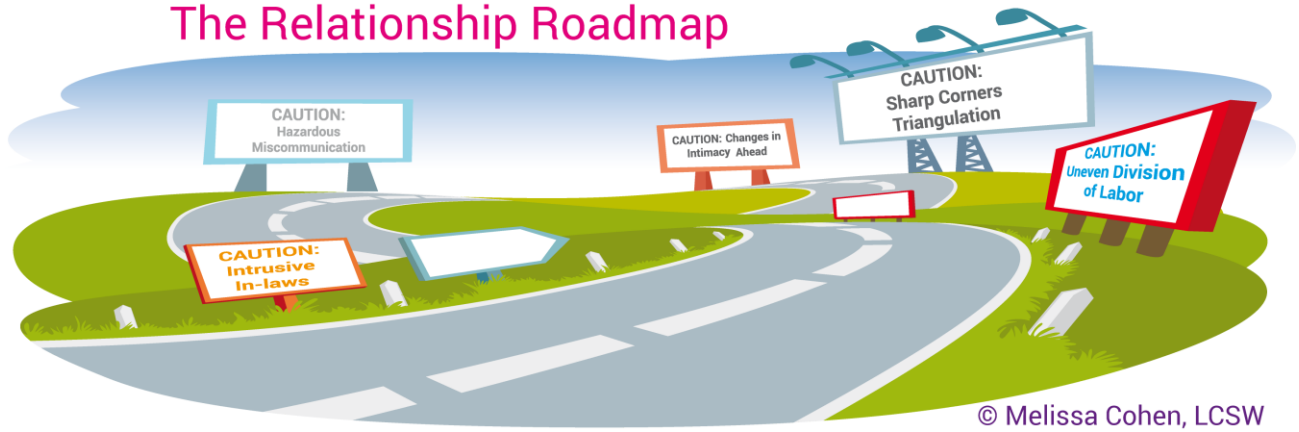


The Relationship Roadmap



Navigation: Division of Labor

Most parents cannot quite envision the amount of time, effort and physical and emotional energy it takes to be the kind of parent they want to be.

When this is combined with the responsibilities of managing the household and being attentive to your spouse, it can be exhausting. This can be a threat to enjoying the children and to the marriage itself.

With that in mind, look over this list and use it to discuss how tasks are completed now and by whom. There will be tasks that both parents will do but talk about who will be the lead and who will be the support. There will also be projects that require you work together as a team.

Consider how this will change as your family grows. What adjustments need to be made? This is not a complete list but a good place to start.

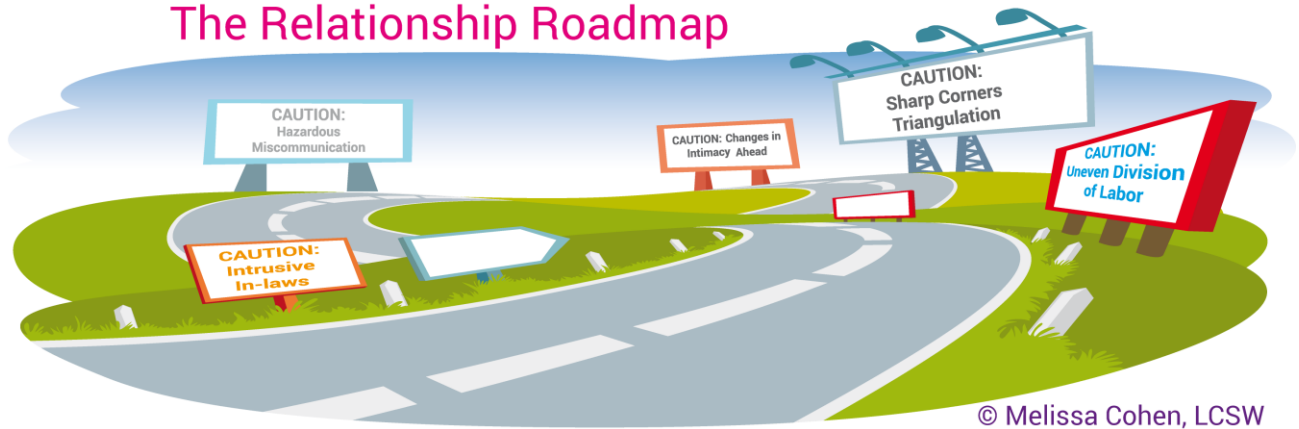
Housework:

NOW

NEW

- Mopping
- Vacuuming
- Cleaning Bathroom(s)
- Cleaning Kitchen
- Cooking: breakfast
- Cooking: lunch
- Cooking: dinner

The Relationship Roadmap



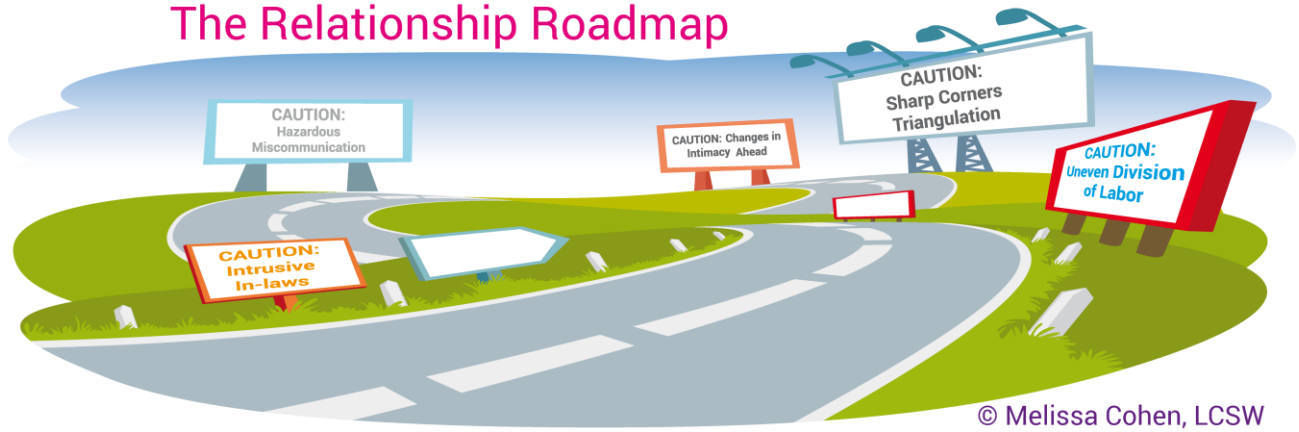
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- Preparing snacks
- Doing the dishes
- Wiping down counters and table
- Loading and emptying dishwasher
- Laundry: Washing
- Laundry: Folding
- Laundry: Putting away
- Laundry: Ironing
- Making beds
- Changing sheets
- Taking out the trash
- Putting out the recycling
- Cleaning refrigerator
- Cleaning out closets
- Cleaning out storage areas

Legal/Finances

- Paying bills
- Balancing checkbook
- Managing investments
- Setting up saving for retirement
- Setting up saving for college
- Preparing wills
- Preparing taxes
- Buying insurance for home, auto, life
- Submitting medical expenses for reimbursement

The Relationship Roadmap



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Errands:

- Dry cleaner
- Getting Car Serviced
- Grocery shopping
- Drugstore
- Post office
- Buying clothes
- Buying gifts for holidays and birthdays

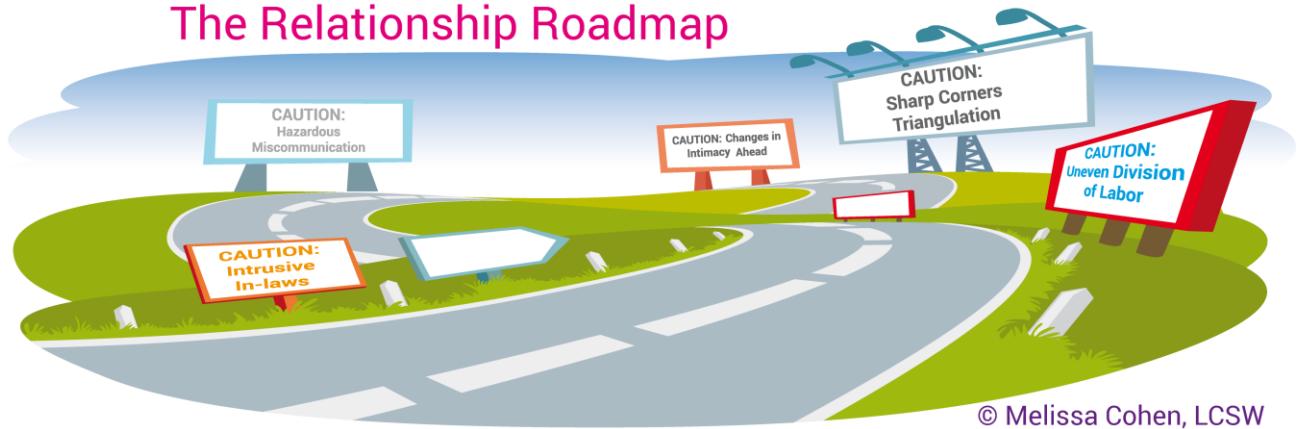
Home Life:

- Planning romantic evenings
- Planning vacations
- Scheduling social activities
- Hiring babysitters
- Hiring other household help
- Sorting incoming mail
- Sending cards and correspondence
- Planning travel for holidays
- Choosing furniture and home décor
- Yard work/gardening
- Planning parties
- Pet care
- Scheduling home maintenance
- Taking and sharing pictures and/or video of family

Baby:

- Diaper changes
- Feeding

The Relationship Roadmap



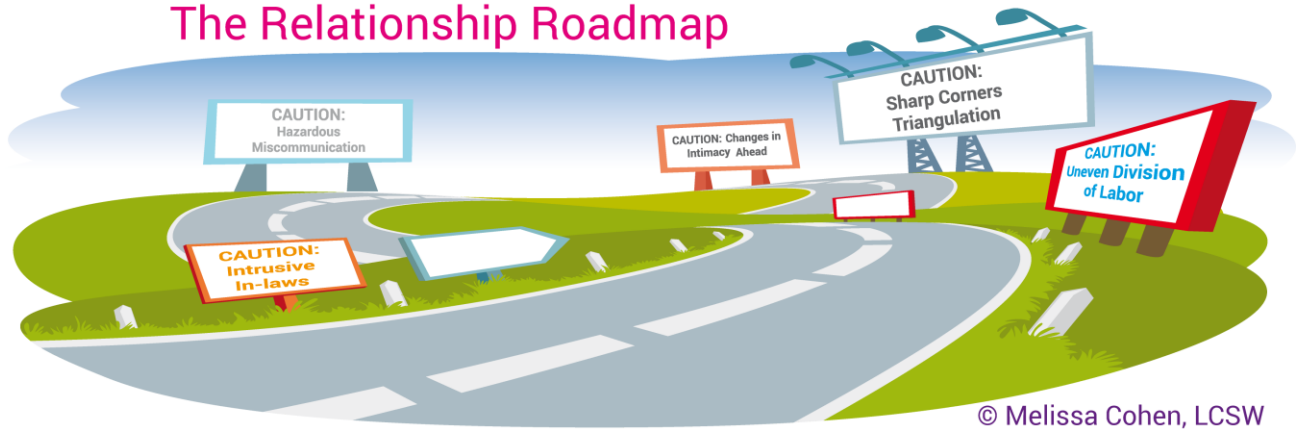
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- Washing bottles
- Preparing the diaper bag
- Middle of night feeding
- Comforting the baby
- Reading to the baby
- Playing with the baby
- Bath
- Putting the baby down for bed
- Putting the baby down for naps
- Choosing pediatrician
- Taking baby for doctor visits
- Cleaning the high chair
- Securing car seats

Kids:

- Helping with grooming (washing, teeth brushing, hair styling etc.)
- Making and cleaning up breakfast
- Preparing and packing lunches
- Communication with school
- Driving to and from school
- Choosing and scheduling extra curricular activities
- Driving kids to and from activities
- Homework help
- Teaching them how to do chores themselves (make the bed etc.)
- Teaching them about managing their own money
- Arranging playdates
- Playing with kids
- Taking kids to medical/dental/orthodontist appointments

The Relationship Roadmap



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- Helping kids with emotional/ social issues
- Bedtime
- Tucking in
- Middle of the night comforting

Teens:

- Setting allowance
- Setting curfews
- Talking to teens about sex, drugs peer pressure etc.
- Researching and visiting colleges
- Researching and completing financial aid and scholarship opportunities
- Teaching teens how to drive
- Preparing teens to live independently by teaching them how to do household chores.