

Fair division of labour

Through these exercises and discussions, you will be able to reflect on the distribution of labour, and your wishes in this regard. The exercises will also help you divide responsibilities by working together.

Exercise

Quick test: list the chores done during the day/week. What does the division of work look like?



Discussion

Shared parenthood starts during the pregnancy. Plan your everyday life with the baby together and discuss how each of you will contribute to baby care and household chores. What is the best way for you to share household responsibilities?

Exercise

Have a joint cleaning session: after a productive 15 minutes, it's nice to relax with your baby and family!



Discussion

Openly discuss the division of labour. For example, you could try these discussion starters. If I do... will you do...? How would you share the cleaning shifts next week? Whose turn is it to...? This week, can we make it so that...?

Exercise

Have a cooking session with your partner/loved one! What does it feel like to do something together?



**Parenting is
a team effort**

Tips for team parenting