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Parenting is a team effort

Tips for team parenting

TIP 6:

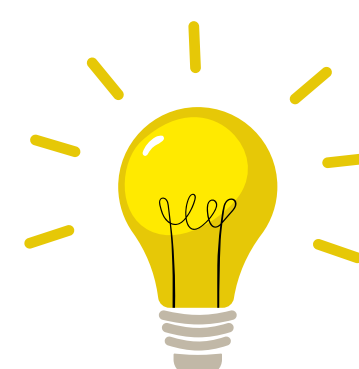
Finding the right division of labour for your family

A fair and personalised division of labour is an important part of co-parenting!

Division of labour is often an ongoing process of agreeing

Finding the right division of labour for your family can sometimes take time. It is therefore important to find a solution that the whole family is content with.

Agreeing on and discussing matters are key here! Expectations and wishes can change quickly, so it is good to set aside time to discuss the division of labour regularly.



"In my family, I do more of the housework when my husband is at work, but then my husband does more of the childcare in the evenings. In a way, the division of labour works, it's not even, but it's fair."

"The division of labour as a total single parent currently falls entirely on my shoulders, with very few exceptions."

– parents of infant families



What would be a good way to discuss the division of labour at home?



What would be the best division of labour in our family?



Who can I ask for help when I feel I don't have enough resources for all the everyday tasks?



Do we remember to show that we value each other's work?

