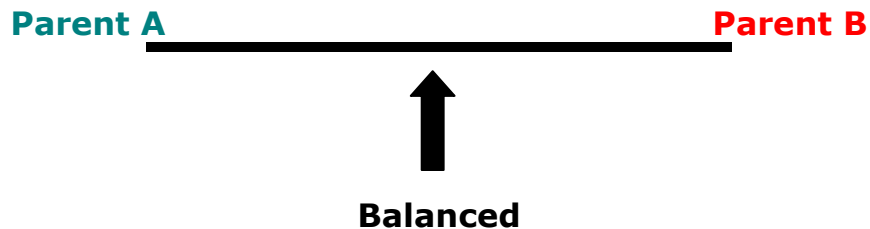


# Childraising Equality Scale



How equal are you and your partner in time spent on kid stuff? Talk with your partner about the time per week (or month or year) you each spend on each activity. Add more items as you think of them; ignore those that don't apply. In the Who column, put an "=" sign by those items that you feel are equally shared, or the **initials** of the person who does more of the activity by those items that aren't equal. It's okay if one of you does 100% of a given task! Then, put an **X** on the scale to show your current *overall* childraising balance. Use the Who column to talk about how you might move toward a more equal picture.



Who	Activity/Issue	Who	Activity/Issue
	Assembling toys/equipment		Middle-of-night care of kids (soothing from nightmares, cleaning up bedwetting, etc.)
	Bathing children		Morning routines (getting dressed, hair combing/styling, brushing teeth)
	Celebration planning (birthday party, christening, bar mitzvah, graduation, etc.)		Nighttime and nap routines
	Childcare and babysitter coordination		Nonschool learning supervision/ assistance (help with piano practice, etc.)
	Clothes purchases for children (including deciding what to buy)		Packing children's supplies for vacations or day trips
	Clothes rotation (seasonal availability, removing too small items, storing too large items, giving/accepting hand-me-downs)		Packing lunches and other items for school/camp
	Crafts, projects, and other activities		Playdate/playgroup/other social activity coordination
	Diapering, toilet training, and bathroom supervision		Playing with kids
	Discipline		Preparation for feeding children (cooking, preparing bottles)
	Emotional care of kids (during day hours)		Present purchases for children (your own and their friends)
	Extracurricular classes/sports/camps (selection and enrollment)		School drop-offs and pickups
	Extracurricular classes/sports/camps (attending or providing transportation)		Sick child care
	Feeding children (includes breastfeeding and bottle feeding)		Supply purchases for children (diapers, wipes, school supplies, toothpaste, etc.)
	Homeschooling		Taking time off from work for childcare needs
	Homework supervision/assistance		Teaching your children things (e.g., how to ride a bike, read, cook)
	Medical/dental care for children (making appointments, accompanying them)		Volunteering at school