

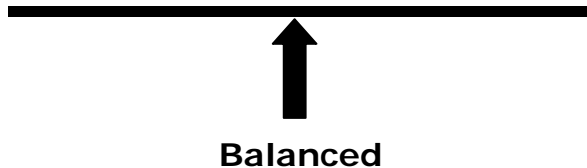
Childraising Equality Scale



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.

Parent A

Parent B



| Who | Activity/Issue | Who | Activity/Issue |
|-----|--|-----|---|
| | Giving baths | | Playing with kids |
| | Preparing children's meals | | Feeding kids |
| | Buying presents for kids (yours and their friends) | | Packing children's supplies for vacations or day trips |
| | Buying kid's clothes and deciding what to buy | | Supervising/assisting in non-school learning (e.g., help with piano practice) |
| | Rotating children's clothes seasonally | | Assembling children's toys, equipment |
| | Buying supplies for children (diapers, wipes, school supplies, toothpaste, etc.) | | Coordinating playdates/playgroups/other social activities |
| | Doing morning routine (dressed, hair combed, teeth brushed) | | Preparing bottles and doing bottle feeding |
| | Doing nighttime/nap routines | | Supervising homework |
| | Soothing when kids wake during night | | Coordinating childcare/babysitters |
| | Packing lunches | | Discipline |
| | Doing school drop-offs | | Birthday party planning |
| | Doing school pick-ups | | Doing crafts/projects with children |
| | Diapering | | Enrolling kids in extracurricular classes |
| | Teaching your children things (e.g., how to ride a bike, read, cook) | | Making kid's medical/dental appointments |
| | Caring for children when sick | | Taking kids to medical/dental visits |
| | Taking off work to care for sick children | | Volunteering at school |
| | | | |
| | | | |