

THE WHO-DOES-WHAT EXERCISE

We all play different roles or parts in our relationships, which consist of the tasks or activities that keep those relationships functioning over time. Some roles are external in nature—tied to physical, material, or tangible activities—e.g., grasscutter, cook, CFO.* Others are internal and maintain the emotional, psychological, or energetic aspects of relationships, e.g., initiator, dissenter, motivator, feeler, analyzer.†

- All relationships—personal *and* professional—not only have roles: They need roles to function.
- Roles are *not* who we are, *not* immutable identities. Instead, they are the tasks and responsibilities we assume and perform in relationships. In committed romantic ones, how roles get distributed, who occupies them, and how fully or not they are occupied depends on many factors, e.g., preferences, habits, social, religious, or familial norms, happenstance.
- Problems arise when one person *over*-occupies or *under*-occupies a role(s), or when role distribution—and, therefore, task sharing—is inequitable or otherwise unsustainable.

It's not unusual for one parent to assume more external and internal household and childcare roles than the other. If decided jointly, equitably, or willingly, that scenario works well. However, because parenthood includes many *new* tasks and functions, and because their distribution isn't always a conscious or negotiated process, the division of labor in the home is a battlefield for many new parents, especially heterosexual ones. For example, sometimes a stay-at-home parent is presumed and expected to be available for childcare and household tasks 24/7, while the parent that works outside the home views the hours they devote to their paid position as mandatory, while time spent on home-duties seem more optional, negotiable, or dismissible. In other instances, both parents work outside the home, yet one is the go-to parent, called upon during child-related emergencies, illnesses, appointments, and errands. In this scenario, unspoken or unconscious influences—such as traditional gender roles, assumptions about whose job or career is more important, or fears about your own or your spouse's skillfulness as a parent—guide who occupies roles and how much they occupy them. In these scenarios, resentment, dissatisfaction, or other negative feelings impact individual and relationship fulfillment.

In *The Seven Principles for Making Marriage Work*, psychologist John Gottman offers an exercise based on typical household tasks. What follows is a significantly expanded version of that exercise, tailored to new parents, and combines the scope of existing household roles and tasks with the many new ones that arrive with a baby. Please note that quite a few tasks, e.g., replenishing baby diapers, are ongoing and repeat often. So, in practical terms, some functions require significantly more time, vigilance, and effort than others. Taking those factors into consideration will deepen your understanding of what it means to agree to, be expected to, or expect your spouse to take on roles and responsibilities.

Warning: The list of tasks that follows is long, which can be daunting to evaluate. If you find yourself checking out midlist or overwhelmed by just the prospect of starting this exercise, please take a few deep breaths to ground yourself. Consider doing this exercise in small chunks, e.g., pause, get up, and stretch after evaluating five or ten tasks, or complete this exercise over the span of multiple sittings.

* Invisible labor usually consists of external tasks executed out of your spouse's sightline or without their knowledge, awareness, or curiosity about your efforts, e.g., setting up and tracking auto-delivery for diapers and other supplies.

† Emotional labor dovetails with internal roles, though sometimes includes external ones as well, e.g., tracking your baby's milestones can be tangible insofar as you record them or communicate them to your pediatrician, yet also emotional in that you remain internally vigilant about your child's developmental changes *or* lack thereof with a view to ensuring your baby is healthy and on track with other kids their age.

Guidelines for *The Who-Does-What Exercise*:

- Complete this exercise individually (i.e., separate from your spouse).
- Mark the checkbox on the left for duties that currently are, or likely to become, topics of negative conflict.
- In the “Now” box, use initials to approximate *your* perception of the *current* distribution of labor, e.g., 100% JB; or 75% JB/25% RB; or even 75% JB/25% no one. If you are an expecting parent, fill out the “Ideal” box for baby-related tasks. You can complete the “Now” box after your baby is a few months old and compare it to the ideal scenario you imagined.
- In the “Ideal” box note your *preferred* division of labor, with a view to satisfying not only yourself, but also what you believe most benefits your relationship and family.
- In “Notes,” explain how your Ideal scenario will better serve you, your relationship, or your family than what you wrote for “Now.” Do your best to avoid communication toxins in your notes: e.g., disrespect, blame, criticism, or defensiveness and resist using absolutes and rigid commands, such as “always,” “never,” “should,” “have to,” “must,” “supposed to” and the like.
e.g., Grocery shopping Now: Ideal: Notes:
- Share and discuss your “results” with your spouse from a place of genuine curiosity and openness, especially when it comes to the ways in which your responses differ. The goal is *not* to agree; it’s to better understand your partner’s perspective, which provides a foundation for future discernment, negotiation, and compromise.
 - If you have very different perspectives on who does what or your ideal scenarios, try open-ended questions:
 - What do you think accounts for our differences in perception?
 - How do you think we can better understand each other’s views on who does what?
 - Given that we disagree, and both believe in the validity of our own perspectives and experiences, how can we compromise from a place of choice so that neither of us resents or regrets the outcome?
 - How might you be willing to shift to better understand my view (and vice-versa)?
 - Imagine that, together, you’ve been charged with adjusting your housework and childcare roles—and the tasks associated with them—to better manifest the relationship and family you most desire. You have an opportunity, indeed responsibility, to collaborate to create a new vision of your roles that you can both live with and abide by intentionally and willingly, at least until those roles get renegotiated again. 😊

General Household Duties:

Some of what follows is scheduled differently in different households, e.g., you might address financial planning monthly, annually, or on an *ad hoc* basis; some of you might take daily medications, while others use prescriptions solely in the event of serious illness. Feel free to add a task currently listed as Daily... to Annually, etc.

Items in red often tap into emotional or invisible labor. If that’s true for you, please mention how so in Notes. NB: *Other* tasks than those in red might spark invisible or emotional labor for you so please say so in “Notes,” e.g., the formula you first chose upset baby’s tummy so researching and trying new formulas ensued, which creates invisible labor. Plus, tracking your baby’s discomfort and trying to ensure their digestion is settled taps emotional labor.

Please indicate “N/A” in Notes for tasks that don’t apply to your household (or skip them altogether) and please add tasks not on this list in the blank boxes near the end of each section. Grey boxes expand as you type in them.

Daily - Weekly - Biweekly tasks:

<input type="checkbox"/> Create/update grocery list	Now:	Ideal:	Notes:
<input type="checkbox"/> Shop for groceries	Now:	Ideal:	Notes:
<input type="checkbox"/> Put away groceries	Now:	Ideal:	Notes:
<input type="checkbox"/> Sort clothes for dry cleaning	Now:	Ideal:	Notes:
<input type="checkbox"/> Take clothes to dry cleaner	Now:	Ideal:	Notes:
<input type="checkbox"/> Get clothes from cleaner	Now:	Ideal:	Notes:
<input type="checkbox"/> Oversee relationship messages:	Now:	Ideal:	Notes:

e.g., phone messages, texts, emails, mail from friends/family including invitations to social events.

<input type="checkbox"/> Respond to those messages	Now:	Ideal:	Notes:
<input type="checkbox"/> Gas up car(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Plan meals	Now:	Ideal:	Notes:
<input type="checkbox"/> Cook meals	Now:	Ideal:	Notes:
<input type="checkbox"/> Set the table	Now:	Ideal:	Notes:
<input type="checkbox"/> Clean up after meals	Now:	Ideal:	Notes:
<input type="checkbox"/> Clean the kitchen	Now:	Ideal:	Notes:
<input type="checkbox"/> Load dishwasher	Now:	Ideal:	Notes:
<input type="checkbox"/> Run dishwasher	Now:	Ideal:	Notes:
<input type="checkbox"/> Unload dishwasher	Now:	Ideal:	Notes:
<input type="checkbox"/> Clean bathroom(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Gather/sort clothes for laundry	Now:	Ideal:	Notes:
<input type="checkbox"/> Spot-stain laundry	Now:	Ideal:	Notes:
<input type="checkbox"/> Wash & dry laundry	Now:	Ideal:	Notes:
<input type="checkbox"/> Fold laundry	Now:	Ideal:	Notes:
<input type="checkbox"/> Put away laundry	Now:	Ideal:	Notes:
<input type="checkbox"/> Launder bedding/towels	Now:	Ideal:	Notes:
<input type="checkbox"/> Put out fresh towels	Now:	Ideal:	Notes:
<input type="checkbox"/> Dust	Now:	Ideal:	Notes:
<input type="checkbox"/> Sweep/vacuum	Now:	Ideal:	Notes:
<input type="checkbox"/> Tidying up in other ways	Now:	Ideal:	Notes:
e.g., folding throw blankets on your couch, putting away the backgammon set.			
<input type="checkbox"/> Make bed(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Oversee housecleaner	Now:	Ideal:	Notes:
If you hire someone to clean your home regularly or even just every once in a while, please indicate task distribution in terms of communication with, oversight, and payment of that person/people.			
<input type="checkbox"/> Turn off lights at night	Now:	Ideal:	Notes:
<input type="checkbox"/> Set/reset thermostat	Now:	Ideal:	Notes:
<input type="checkbox"/> Replace empty TP roll(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Replace paper towels	Now:	Ideal:	Notes:
<input type="checkbox"/> Gather household trash	Now:	Ideal:	Notes:
<input type="checkbox"/> Take out trash	Now:	Ideal:	Notes:
<input type="checkbox"/> Gather household recycling	Now:	Ideal:	Notes:
<input type="checkbox"/> Take out recycling	Now:	Ideal:	Notes:
<input type="checkbox"/> Take trash cans to curb	Now:	Ideal:	Notes:
<input type="checkbox"/> Return cans from curb	Now:	Ideal:	Notes:
<input type="checkbox"/> Oversee composting	Now:	Ideal:	Notes:
<input type="checkbox"/> Get/gather mail	Now:	Ideal:	Notes:
<input type="checkbox"/> Sort incoming mail	Now:	Ideal:	Notes:
<input type="checkbox"/> Review/read incoming mail	Now:	Ideal:	Notes:
<input type="checkbox"/> Track petfood and pet supplies	Now:	Ideal:	Notes:
<input type="checkbox"/> Purchase petfood and supplies	Now:	Ideal:	Notes:
<input type="checkbox"/> Feed pet(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Houseplant care	Now:	Ideal:	Notes:
<input type="checkbox"/> Track relationship care	Now:	Ideal:	Notes:
<input type="checkbox"/> Plan dates	Now:	Ideal:	Notes:
<input type="checkbox"/> Plan outings/weekends	Now:	Ideal:	Notes:
<input type="checkbox"/> Make plans with friends	Now:	Ideal:	Notes:
<input type="checkbox"/> Make plans with family	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:

Use the blank boxes above to add daily, weekly, or biweekly tasks not listed.

Monthly - Quarterly tasks:

<input type="checkbox"/> Handwash select items	Now:	Ideal:	Notes:
<input type="checkbox"/> Iron	Now:	Ideal:	Notes:
<input type="checkbox"/> Service the car(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Shop for new clothes/shoes	Now:	Ideal:	Notes:
<input type="checkbox"/> Replenish toiletries	Now:	Ideal:	Notes:
<input type="checkbox"/> Order medications	Now:	Ideal:	Notes:
<input type="checkbox"/> Pick up medications	Now:	Ideal:	Notes:
<input type="checkbox"/> Order vitamins	Now:	Ideal:	Notes:
<input type="checkbox"/> General pet(s) care	Now:	Ideal:	Notes:
<input type="checkbox"/> Track expenses/budget	Now:	Ideal:	Notes:
<input type="checkbox"/> Track savings	Now:	Ideal:	Notes:
<input type="checkbox"/> Review bills for accuracy	Now:	Ideal:	Notes:
<input type="checkbox"/> Pay bills	Now:	Ideal:	Notes:
<input type="checkbox"/> Balance checkbook(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Additional banking	Now:	Ideal:	Notes:
<input type="checkbox"/> General correspondence	Now:	Ideal:	Notes:
<input type="checkbox"/> Prep packages for delivery	Now:	Ideal:	Notes:
<input type="checkbox"/> Mail/send packages	Now:	Ideal:	Notes:
<input type="checkbox"/> Change light bulbs	Now:	Ideal:	Notes:
<input type="checkbox"/> Purchase light bulbs	Now:	Ideal:	Notes:
<input type="checkbox"/> Change air filters	Now:	Ideal:	Notes:
<input type="checkbox"/> Purchase air filters	Now:	Ideal:	Notes:
<input type="checkbox"/> Perform yard/garden work	Now:	Ideal:	Notes:
<input type="checkbox"/> Gardener	Now:	Ideal:	Notes:

If you hire someone to maintain your garden regularly or just every once in a while, please indicate task distribution in terms of communication with and payment of that person/people.

<input type="checkbox"/> Clean outdoor furnishings	Now:	Ideal:	Notes:
e.g., clean the BBQ, wipe down patio furniture, bring out and then put away outdoor cushions.			
<input type="checkbox"/> Clean windows - interior	Now:	Ideal:	Notes:
<input type="checkbox"/> Schedule car maintenance	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:

Use the blank boxes above to add monthly and quarterly tasks not listed.

Biannual – Annual tasks:

<input type="checkbox"/> Prep tax materials	Now:	Ideal:	Notes:
<input type="checkbox"/> Oversee tax return prep	Now:	Ideal:	Notes:
<input type="checkbox"/> Consult with accountant	Now:	Ideal:	Notes:
<input type="checkbox"/> Financial planning	Now:	Ideal:	Notes:
<input type="checkbox"/> Book regular dental care	Now:	Ideal:	Notes:
<input type="checkbox"/> Book regular medical care	Now:	Ideal:	Notes:
<input type="checkbox"/> Deep clean pantry	Now:	Ideal:	Notes:
<input type="checkbox"/> Assemble furnishings/items	Now:	Ideal:	Notes:
<input type="checkbox"/> Deep clean fridge	Now:	Ideal:	Notes:
<input type="checkbox"/> Thaw and clean freezer	Now:	Ideal:	Notes:
<input type="checkbox"/> Organize cabinets/closets	Now:	Ideal:	Notes:
<input type="checkbox"/> Wash windows - exterior	Now:	Ideal:	Notes:
<input type="checkbox"/> Replace smoke alarm batteries	Now:	Ideal:	Notes:
<input type="checkbox"/> Book vet appointments	Now:	Ideal:	Notes:

<input type="checkbox"/>	Take pet(s) to appointments	Now:	Ideal:	Notes:
<input type="checkbox"/>		Now:	Ideal:	Notes:
<input type="checkbox"/>		Now:	Ideal:	Notes:
<input type="checkbox"/>		Now:	Ideal:	Notes:
<input type="checkbox"/>		Now:	Ideal:	Notes:
<input type="checkbox"/>		Now:	Ideal:	Notes:
<input type="checkbox"/>		Now:	Ideal:	Notes:
<input type="checkbox"/>		Now:	Ideal:	Notes:
<input type="checkbox"/>		Now:	Ideal:	Notes:
<input type="checkbox"/>		Now:	Ideal:	Notes:
<input type="checkbox"/>		Now:	Ideal:	Notes:

Use the blank boxes above to add biannual and annual tasks not listed.

Ad-hoc tasks (as needed)

<input type="checkbox"/>	Respond to incoming mail	Now:	Ideal:	Notes:
<input type="checkbox"/>	Prepare/stamp outgoing mail	Now:	Ideal:	Notes:
<input type="checkbox"/>	Drop outgoing mail in mailbox	Now:	Ideal:	Notes:
<input type="checkbox"/>	Create budget	Now:	Ideal:	Notes:
<input type="checkbox"/>	Review household costs	Now:	Ideal:	Notes:
e.g., review subscriptions and revise as needed such as online music, online storage, internet/cable plan.				
<input type="checkbox"/>	Dispose of worn-out items	Now:	Ideal:	Notes:
<input type="checkbox"/>	Dispose of expired items	Now:	Ideal:	Notes:
e.g., food in fridge, freezer, and pantry, and over-the-counter meds.				
<input type="checkbox"/>	Research new furnishings	Now:	Ideal:	Notes:
<input type="checkbox"/>	Buy furniture & furnishings	Now:	Ideal:	Notes:
<input type="checkbox"/>	Research appliances	Now:	Ideal:	Notes:
<input type="checkbox"/>	Buy appliances	Now:	Ideal:	Notes:
<input type="checkbox"/>	Buy other big stuff (e.g., car)	Now:	Ideal:	Notes:
<input type="checkbox"/>	Research advisors (tax, legal...)	Now:	Ideal:	Notes:
<input type="checkbox"/>	Select advisors (tax, legal...)	Now:	Ideal:	Notes:
<input type="checkbox"/>	Meet with advisors (e.g., legal)	Now:	Ideal:	Notes:
<input type="checkbox"/>	Pick up medications for illness	Now:	Ideal:	Notes:
<input type="checkbox"/>	Emergency pet(s) care	Now:	Ideal:	Notes:
<input type="checkbox"/>	Track friends/family birthdays	Now:	Ideal:	Notes:
<input type="checkbox"/>	Track other friend/family events	Now:	Ideal:	Notes:
<input type="checkbox"/>	Calendar social plans	Now:	Ideal:	Notes:
<input type="checkbox"/>	Buy gifts for friends/family	Now:	Ideal:	Notes:
<input type="checkbox"/>	Wrap gifts	Now:	Ideal:	Notes:
<input type="checkbox"/>	Write cards for gifts	Now:	Ideal:	Notes:
<input type="checkbox"/>	Perform home repairs	Now:	Ideal:	Notes:
<input type="checkbox"/>	Coordinate repairmen	Now:	Ideal:	Notes:
<input type="checkbox"/>	Research vacations	Now:	Ideal:	Notes:
<input type="checkbox"/>	Decide on vacations	Now:	Ideal:	Notes:
<input type="checkbox"/>	Book vacations	Now:	Ideal:	Notes:
<input type="checkbox"/>	Pack for short outings	Now:	Ideal:	Notes:
<input type="checkbox"/>	Pack for vacations	Now:	Ideal:	Notes:
<input type="checkbox"/>	Unpack after outings/trips	Now:	Ideal:	Notes:
<input type="checkbox"/>	Arrange rides to airport, train	Now:	Ideal:	Notes:
<input type="checkbox"/>	Arrange airport, train pickups	Now:	Ideal:	Notes:
<input type="checkbox"/>	Plan (for) holidays	Now:	Ideal:	Notes:
<input type="checkbox"/>	Decorate for holidays	Now:	Ideal:	Notes:
<input type="checkbox"/>	Prep food on holidays	Now:	Ideal:	Notes:
<input type="checkbox"/>	Serve food on holidays	Now:	Ideal:	Notes:
<input type="checkbox"/>	Clean up on holidays	Now:	Ideal:	Notes:
<input type="checkbox"/>	Invite friends/fam to events	Now:	Ideal:	Notes:
<input type="checkbox"/>	Initiate lovemaking	Now:	Ideal:	Notes:
<input type="checkbox"/>	Initiate relationship talks	Now:	Ideal:	Notes:
<input type="checkbox"/>	Sew/mend	Now:	Ideal:	Notes:
<input type="checkbox"/>	Prepare for guests	Now:	Ideal:	Notes:

<input type="checkbox"/> Clean up after guests	Now:	Ideal:	Notes:
<input type="checkbox"/> Prepare for parties	Now:	Ideal:	Notes:
<input type="checkbox"/> Clean up after parties	Now:	Ideal:	Notes:
<input type="checkbox"/> File/store important docs	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:

Use the blank boxes above to add *ad hoc* tasks not listed. *F&F = friends & family

Infant & Childcare Tasks:

Not all new parents perform all these tasks, and some have resources to outsource, so only check items relevant to *your* family.

<input type="checkbox"/> Design baby's room/space	Now:	Ideal:	Notes:
<input type="checkbox"/> Decorate baby's room/space	Now:	Ideal:	Notes:
<input type="checkbox"/> Select baby furnishings	Now:	Ideal:	Notes:
<input type="checkbox"/> Buy baby furnishings	Now:	Ideal:	Notes:
<input type="checkbox"/> Assemble furnishings	Now:	Ideal:	Notes:
<input type="checkbox"/> Make home baby-safe/friendly	Now:	Ideal:	Notes:
<input type="checkbox"/> Research gear (e.g., stroller)	Now:	Ideal:	Notes:
<input type="checkbox"/> Select baby gear	Now:	Ideal:	Notes:
<input type="checkbox"/> Buy baby gear	Now:	Ideal:	Notes:
<input type="checkbox"/> Read baby gear directions	Now:	Ideal:	Notes:
<input type="checkbox"/> Assemble baby gear	Now:	Ideal:	Notes:
<input type="checkbox"/> Dispose of outgrown gear	Now:	Ideal:	Notes:
<input type="checkbox"/> Replace with new gear	Now:	Ideal:	Notes:
<input type="checkbox"/> Install car-seat(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Track car-seat upgrades	Now:	Ideal:	Notes:

e.g., when to change rear-facing to front-facing, when to upgrade to new car-seat.

<input type="checkbox"/> Change car-seat direction	Now:	Ideal:	Notes:
<input type="checkbox"/> Complete hospital forms (birth)	Now:	Ideal:	Notes:
<input type="checkbox"/> File birth certificate	Now:	Ideal:	Notes:
<input type="checkbox"/> Create birth announcement	Now:	Ideal:	Notes:
<input type="checkbox"/> Compile announcement list	Now:	Ideal:	Notes:
<input type="checkbox"/> Distribute announcement	Now:	Ideal:	Notes:
<input type="checkbox"/> Add baby to insurance(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Buy baby clothes	Now:	Ideal:	Notes:
<input type="checkbox"/> Organize baby clothes	Now:	Ideal:	Notes:
<input type="checkbox"/> Buy baby blankets/towels	Now:	Ideal:	Notes:
<input type="checkbox"/> Buy crib bedding	Now:	Ideal:	Notes:
<input type="checkbox"/> Organize bedding/towels	Now:	Ideal:	Notes:
<input type="checkbox"/> Set aside outgrown clothes	Now:	Ideal:	Notes:
<input type="checkbox"/> Give away outgrown clothes	Now:	Ideal:	Notes:
<input type="checkbox"/> Research baby products	Now:	Ideal:	Notes:

e.g., diapers, wipes, diaper pail, baby salves, teething-pain options.

<input type="checkbox"/> Select products	Now:	Ideal:	Notes:
<input checked="" type="checkbox"/> Evaluate product efficacy/safety	Now:	Ideal:	Notes:
<input type="checkbox"/> Buy products	Now:	Ideal:	Notes:
<input type="checkbox"/> Replace wipes when empty	Now:	Ideal:	Notes:
<input type="checkbox"/> Dispose of full diaper pail liner	Now:	Ideal:	Notes:
<input type="checkbox"/> Replace diaper pail liner	Now:	Ideal:	Notes:
<input type="checkbox"/> Replenish diaper supply	Now:	Ideal:	Notes:
<input type="checkbox"/> Replace salves/creams	Now:	Ideal:	Notes:
<input type="checkbox"/> Organize baby products	Now:	Ideal:	Notes:

<input type="checkbox"/> Select baby toys/books	Now:	Ideal:	Notes:
<input type="checkbox"/> Buy baby toys/books	Now:	Ideal:	Notes:
<input type="checkbox"/> Replace baby toys/books	Now:	Ideal:	Notes:
<input type="checkbox"/> Read to/play with baby	Now:	Ideal:	Notes:
<input type="checkbox"/> Plan friend/family visits	Now:	Ideal:	Notes:
<input type="checkbox"/> Write/send thank you notes	Now:	Ideal:	Notes:
<input type="checkbox"/> Change diapers-daytime	Now:	Ideal:	Notes:
<input type="checkbox"/> Change diapers-nighttime	Now:	Ideal:	Notes:
<input type="checkbox"/> Launder baby clothes	Now:	Ideal:	Notes:
<input type="checkbox"/> Launder baby bedding	Now:	Ideal:	Notes:
<input type="checkbox"/> Change baby bedding	Now:	Ideal:	Notes:
<input type="checkbox"/> Clean baby's room (general)	Now:	Ideal:	Notes:
<input type="checkbox"/> Clean <i>ad hoc</i> , e.g., spit up	Now:	Ideal:	Notes:
<input type="checkbox"/> Put away laundered items	Now:	Ideal:	Notes:
<input type="checkbox"/> Select baby's outfit(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Change the baby's outfit	Now:	Ideal:	Notes:
<input type="checkbox"/> Place clothes in hamper	Now:	Ideal:	Notes:
<input type="checkbox"/> Breastfeed baby	Now:	Ideal:	Notes:
<input type="checkbox"/> Research lactation support	Now:	Ideal:	Notes:
<input type="checkbox"/> Schedule lactation support	Now:	Ideal:	Notes:
<input type="checkbox"/> Select baby formula	Now:	Ideal:	Notes:
<input type="checkbox"/> Buy baby formula	Now:	Ideal:	Notes:
<input type="checkbox"/> Replenish baby formula	Now:	Ideal:	Notes:
<input type="checkbox"/> Daytime bottle-feeding	Now:	Ideal:	Notes:
<input type="checkbox"/> Nighttime bottle-feeding	Now:	Ideal:	Notes:
<input type="checkbox"/> Wash/sterilize baby bottles	Now:	Ideal:	Notes:
<input type="checkbox"/> Clean breast pump parts	Now:	Ideal:	Notes:
<input type="checkbox"/> Organize breastmilk storage	Now:	Ideal:	Notes:
<input type="checkbox"/> Track frozen breastmilk (if any)	Now:	Ideal:	Notes:
<input type="checkbox"/> Burp baby-daytime	Now:	Ideal:	Notes:
<input type="checkbox"/> Burp baby-nighttime	Now:	Ideal:	Notes:
<input type="checkbox"/> Soothe upset baby early am	Now:	Ideal:	Notes:
<input type="checkbox"/> Soothe upset baby mid-am	Now:	Ideal:	Notes:
<input type="checkbox"/> Soothe upset baby early pm	Now:	Ideal:	Notes:
<input type="checkbox"/> Soothe upset baby mid-pm	Now:	Ideal:	Notes:
<input type="checkbox"/> Soothe upset baby late-pm	Now:	Ideal:	Notes:
<input type="checkbox"/> Soothe upset baby overnight	Now:	Ideal:	Notes:
<input type="checkbox"/> Early am infant/baby care	Now:	Ideal:	Notes:
<input type="checkbox"/> Midday infant/baby care	Now:	Ideal:	Notes:
<input type="checkbox"/> Evening infant/baby care	Now:	Ideal:	Notes:
<input type="checkbox"/> Late night infant/baby care	Now:	Ideal:	Notes:
<input type="checkbox"/> Overnight infant/baby care	Now:	Ideal:	Notes:
<input type="checkbox"/> Swaddle baby	Now:	Ideal:	Notes:
<input type="checkbox"/> Oversee baby's naps	Now:	Ideal:	Notes:
<input type="checkbox"/> Track baby's naps	Now:	Ideal:	Notes:
<input type="checkbox"/> Oversee baby's bedtime	Now:	Ideal:	Notes:
<input type="checkbox"/> Track baby's sleep cycle	Now:	Ideal:	Notes:
<input type="checkbox"/> Bathe baby	Now:	Ideal:	Notes:
<input type="checkbox"/> Research baby's doctor(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Interview baby's doctor(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Placement of monitor/baby-cam	Now:	Ideal:	Notes:
<input type="checkbox"/> Charge baby monitor(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Track doctor appt schedule	Now:	Ideal:	Notes:
<input type="checkbox"/> Book doctor appointments	Now:	Ideal:	Notes:
<input type="checkbox"/> Take baby to doctor(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Follow-up w/ doc, if needed	Now:	Ideal:	Notes:
<input type="checkbox"/> Serve as contact for doctor(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Emergency/ill baby care	Now:	Ideal:	Notes:

<input type="checkbox"/> Track baby milestones	Now:	Ideal:	Notes:
<input type="checkbox"/> Keep/update baby book	Now:	Ideal:	Notes:
<input type="checkbox"/> Research baby caregiver(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Check caregiver reference(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Interview caregiver(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Hire caregiver(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Schedule caregiver(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Supervise caregiver(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Pay caregiver(s)	Now:	Ideal:	Notes:
<input type="checkbox"/> Research baby class(es)	Now:	Ideal:	Notes:
<input type="checkbox"/> Sign up/pay for baby class(es)	Now:	Ideal:	Notes:
<input type="checkbox"/> Attend baby class(es)	Now:	Ideal:	Notes:
<input type="checkbox"/> Obtain baby-related advice	Now:	Ideal:	Notes:
<input type="checkbox"/> Initiate baby chats w/ spouse	Now:	Ideal:	Notes:
<input type="checkbox"/> Test out baby advice	Now:	Ideal:	Notes:
<input type="checkbox"/> Research baby CPR course	Now:	Ideal:	Notes:
<input type="checkbox"/> Sign up for baby CPR course	Now:	Ideal:	Notes:
<input type="checkbox"/> Take baby CPR course	Now:	Ideal:	Notes:
<input type="checkbox"/> Track general baby needs	Now:	Ideal:	Notes:
<input type="checkbox"/> Track general baby wellbeing	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes:
<input type="checkbox"/>	Now:	Ideal:	Notes: