

Family Workload

Here are some household activities and an estimation of the time required for each. The time estimated is just a guess; feel free to adjust the estimated time for activities. Talk with your partner/support person about listed topics. Who will be responsible for these activities in the first weeks after your baby's birth?

Baby Care	Housework	Family Maintenance	Personal care
Feeding 8-10 h/day	Food shopping 1-2 h/week	Income earning minimum – 8 h/day	Eating 1 h/day
Diapering 1 h/day	Laundry 2-3 h/week	Organizing 2 h/week	Sleep/rest 8 h/day
Play/attention 2 h/day	House cleaning 2-4 h/week	Social events or religious services 3 h/week	Relationship building 1 h/day
Soothing/holding 3-5 h/day	Meal preparation 2 h/day	Visiting relatives or friends 1-2 h/week	Hobbies 2 h/week
Baby health care 1-2 h/month	Meal cleanup 1 h/day		Exercise 3 h/week
Add others in the blanks!	Household maintenance or repairs 2 h/month		Personal grooming or self-care 1 h/day
	Yard work/shoveling 1-5 h/week		