

Balancing the Scales

Resentment, animosity, and grievances can drive a wedge between working parents, especially when the scale feels out of balance. This exercise will help you to create what you feel is a “fair” or “equal” allocation of parenting responsibilities while ensuring the household keeps running effectively and efficiently.

USE THIS FILLABLE CHART AS A GUIDE TO:

1. Identify all parenting responsibilities.
2. Identify all household operating responsibilities.
3. Add any responsibilities that don't appear in the chart.
4. Estimate the time required to complete each item.
5. Identify how many times the item is completed per week or per month.
6. Identify who is responsible for each item.

In the chart on the next page, the top row shows an example. The morning routine takes approximately 30 minutes 5 days per week. Mom (partner 1) is responsible for supporting this item 3 times/week and dad 2 times per week. This means mom is giving 90 minutes of their time and dad is giving 60 minutes of their time to this item.

Go through this list and enter the time required for each item. Identify who does what. If you currently split the responsibilities, enter the amount of time each person currently invests under Partner 1 and Partner 2. The form will calculate the total for you. The totals at the bottom of the chart will give you a clear picture of how much time each of you is investing in your parenting and household operating responsibilities.

If the scales are more heavily weighted on one side vs the other, it's time to have a conversation to renegotiate your agreements. If this is a challenge for you, book a 20-minute no obligation breakthrough session with me. I'll support you in identifying the current barriers preventing you from achieving greater balance and harmony in your relationship.



DIAMONDLIGHT
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Contact Melody today for your complimentary 20-minute session.

Click on the box below to book a time on Melody's calendar.

DiamondLight Leadership Calendar

PARENTING RESPONSIBILITIES	Time to Complete (minutes)	Times per Week (or month)	Total Time (mins)	Mom (partner 1)	Dad (partner 2)
Example	30	5	150	90	60
Morning routine					
Provide support with online learning					
Provide support with homework					
Drive to school					
Pick up from school					
Prepare breakfast					
Prepare lunch					
Prepare dinner					
Bedtime routine					
Drive to extracurricular activities					
Pick up from extracurricular activities					
Schedule health appointments					
Drive to health appointments					
Total PARENTING Time					
HOUSEHOLD RESPONSIBILITIES	Time to Complete (minutes)			Mom (partner 1)	Dad (partner 2)
Grocery shopping					
Kitchen clean up after meals					
House cleaning					
Laundry					
Taking the trash, compost, recycling out					
Household maintenance (plumbing, furnace repair, etc)					
Outdoor maintenance (gardening, lawn care, snow shovelling, etc)					
Total HOUSEHOLD Time					
TOTAL TIME					