

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