

## Card 6: Household work and responsibilities

### Introduction:

There is a difference between performing a task and being responsible for it. Shared care responsibility means that both parents practically and mentally take responsibility for things regarding the children and the home.

Things can change when an addition to the family occurs. One of the parents might for instance need to let go of some control and the other to step in to take more of the responsibility to even things out.

One way of approaching the change in responsibility is through looking at distribution of practical chores. Every family situation is unique however and there is no one right way of doing things. It is important to discuss how each and one would like things to be ideally.

### Occasional tasks and regular tasks

There are different types of work and tasks that must be done in the home. An occasional task is changing tires, defrosting the freezer, changing lightbulbs, buying gifts, washing windows etc. Regular tasks include things like cleaning, washing dishes, cooking and shopping.

Taking responsibility is also demanding work. It means to think like a “project manager” for the family. Sometimes it can be difficult for one parent to share responsibility and difficult for the other partner to be brave enough to take responsibility.

### Aim of the meetup

To think through how tasks and responsibilities are shared in your home.

### Re-connect to last meetup

What did you bring with you from last meetup?

Is there something you would like to discuss further?

### Warmup – End the sentence with the first thing that comes to mind

- A good distribution of household chores for me is...
- In our home, the time spent on household chores is...
- I think the biggest challenge in everyday home life is...
- I think we should do more of....
- I think we should do less of....

## Discuss in your group or with your partner

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### Discussion 1

How is the distribution of household work in your home today?

#### Possible follow-up

- *How do you think your partner experiences it?*
  - *Is it easy to change or redistribute chores?*
  - *Does the distribution feel fair to you?*
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### Discussion 2

If both parents work how does or did the distribution of chores look and who took the main responsibility for planning?

#### Possible follow-up

- *Are there others that could help out if needed?*
  - *How could one discuss household work so that everyone feels comfortable?*
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### Discussion 3

What do you think your child/children learns from your way of sharing household tasks, responsibilities and chores?

#### Possible follow-up

- *What did you learn from your own parents?*
- *In what way were they good role models?*
- *What would you like to do different?*

### Homework:

Sit down with your partner and discuss how you share the household work. Discuss for which tasks one and each takes mental responsibility for.

Map out the different tasks that normally needs to be done in your household.

### Ending:

*Is there something you would like to keep discussing?*