



Helpr Guide: Co-Parenting Task List

This guide helps you organize daily, weekly, and monthly tasks, making it easier to divide and conquer. Use this template to create a balanced schedule that works for everyone, ensuring nothing gets overlooked.

1. Daily Tasks

- Morning Routine:
 - Who's responsible: _____
- Meal Preparation:
 - Who's responsible: _____
- School/Daycare Drop-Off:
 - Who's responsible: _____
- Afternoon Pickup:
 - Who's responsible: _____
- Homework Assistance:
 - Who's responsible: _____
- Evening Routine (Bath, Bedtime):
 - Who's responsible: _____

2. Weekly Tasks

- Grocery Shopping:
 - Who's responsible: _____
- Laundry:
 - Who's responsible: _____
- Cleaning:
 - Who's responsible: _____
- Extracurricular Activities:
 - Who's responsible: _____
- Meal Planning:

- Who's responsible: _____

3. Monthly/Occasional Tasks

- Doctor's Appointments:
 - Who's responsible: _____
- Parent-Teacher Meetings:
 - Who's responsible: _____
- Birthday Parties/Playdates:
 - Who's responsible: _____
- Household Maintenance (Yard Work, Repairs):
 - Who's responsible: _____

4. Additional Support Needed

- Backup Care (e.g., during work travel):
 - Arrangements: _____
 - Who's responsible: _____

5. Regular Check-In Schedule

- Next Check-In Date:
 - _____
- Topics to Discuss:

- _____
- _____
- _____
- _____
- _____
- _____