



# Who Does What? Mom's Survey

## Household Tasks:

Use the scale below to indicate how you imagine you and your partner or other people you live with will take responsibility for the following activities after baby comes. Then, assign a number to how you think it will actually be when the baby comes. Six or so weeks after the baby arrives, redo this survey to show how it really is.

1
2
3
4
5
6
7
8
9
10  
 Mom's Responsibility Both Share Equally Partner's/Others' Responsibility

Activity	What I'd Like	What I Really Expect	How it is at 6 Weeks
1. Planning and preparing meals			
2. Cleaning up after meals			
3. Repairs around the house			
4. House cleaning			
5. Shopping for groceries			
6. Paying bills			
7. Washing clothes			
8. Making social arrangements			
9. Calling/writing to family and friends			
10. Looking after car(s)			
11. Family income			
12. Other:			

## While You Are Still Pregnant:

Compare your answers to your partner's or others you live with.

- Note any differences.
- List the areas where you expect the biggest changes.



# Who Does What? Mom's Survey

## Baby Care:

Use the scale below to indicate how much responsibility you want to take for baby care. Then, write how much responsibility you expect you'll actually have. Six weeks or so after the baby comes, write down how much responsibility you are taking. Share your answers with your partner or others who will be helping you.

1
2
3
4
5
6
7
8
9
10

Mom's Responsibility
Both Share Equally
Partner's/Others' Responsibility

Activity	What I'd Like	What I Really Expect	How it is at 6 Weeks
1. Feeding			
2. Deciding when the baby needs to be fed			
3. Changing diapers			
4. Bathing and dressing baby			
5. Doing baby's laundry			
6. Responding to baby's cries in the daytime			
7. Responding to baby's cries in the middle of the night			
8. Taking baby out for walks, drives, visits			
9. Choosing baby's toys			
10. Dealing with doctor about baby's health			
11. Arranging for babysitters			
12. Other			

## While You Are Still Pregnant:

Compare your results with those of your partner or primary support person.

- Are your expectations similar or different?
- Can you make a plan to bring you more into agreement?



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9. Calling/writing to family and friends			
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11. Family income			
12. Other:			

### While Mom Is Still Pregnant:

Compare your answers with each other.

- Note any differences.
- List the areas where you expect the biggest change.



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## Baby Care:

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## While Mom Is Still Pregnant:

Compare your results with each other.

- Are your expectations similar or different?
- Can you make a plan to bring you more into agreement?