



## Finding the right balance requires working together and building in support

### Here’s how to get started.

**Plan Ahead** – Create a common calendar. Are there upcoming responsibilities you can cover for each other? Do you have a network of support to pinch hit, or swap care? Is it time to bring in extra paid support?

**Get Extra Support** – Many families pay for extra household support: a house cleaner, groceries delivered, help with meals or lawn care. What kind of support have you used to better manage home responsibilities?

**Share the Work** – As children get older, they can play a role in contributing towards household needs – from walking the dog, to helping cook meals, to doing the dishes.

**Time for Self** – Have you found a successful way to set up routine self-time? Could you take turns having one parent be in charge to free up the other for self-time or time with friends?

**Couple Time** – Don’t forget, families do better when couples take care of their relationship to each other. Some couples have a regular babysitter. Others have even used their lunch hour. What have you tried that helps create regular time together as a couple?