

Checklist for Gender Equality in Your Everyday Life

We have created a checklist to encourage conversations about gender equality. How do you share everyday activities and chores in your family today? How would you like things to work in the future?

Having an equal division of labour in activities that relate to your home and children increases the chances that everyone in your family will feel satisfied, and reduces the risk of poor health. Families who have an open and honest dialogue regarding household chores and children experience greater gender equality.



Instructions for Using the Checklist

You and your partner each fill in a copy of the checklist. What chores need to be done in your family? Delete any chores that does not apply to your family at present. If any chores are missing, write them on the empty lines at the end of the checklist. In the field immediately to the right of each chore, choose how often you usually do that chore (Always, Often, Sometimes or Never) and tick the appropriate box. In the field further to the right, choose how often you feel that your partner does that chore, and tick the appropriate box. If a person other than you or your partner, for example another member of your family, performs a chore, choose how often that person performs the relevant chore, and tick the appropriate box in the field furthest to the right.



Things to Consider

Most chores consist of several components, in addition to actually carry out the chore.

- see the need to do the chore
- planning
- carry out the chore.

Although the act of doing the chore is often the only part that we see from the outside, it is not always the component that we experience as the most difficult or that one that takes the most time. The other components are not always visible, but being the person who sees the need to do the chore, plans it, and ensures that it is done (whether by doing it themselves or by delegating it to someone else) can also take a good deal of time and energy.

Once the list has been completed, both of you can compare your results and see whether you have similar views about how these tasks at home are divided. Here are some questions to reflect on.

1. Do you have different views about how often you or your partner do a chore?
2. What are the reasons for these differences?
3. Are the chores with the various categories in the checklist equally divided between you?
4. Why does your division of chores look the way it does?
5. How does the division between you look in the case of chores that need to be done every day, and in the case of chores that do not need to be done as frequently?
6. Do you think that, in general, the chores are divided equally between you with regard to how much time and energy is needed to get them done?
7. Are you both satisfied with the division of work the list shows? Is there anything either of you would like to change? What can you do in order to divide the chores differently?
8. Are there chores that both of you feel are more tedious or more enjoyable to do than others? How can you take turns doing these chores?
9. If one of you is on parental leave, which chores does that partner do, and what chores does the other partner do?
10. What do you think your child or children are learning from your way of dividing household chores and other responsibilities?

Helpful Hints

If you want to make a more detailed analysis of how you both divide your everyday chores, you can decide that during a given period, each of you will draw a line with his or her own coloured marker, to the left of a given chore each time he or she does it. After a while, you can add up the lines for each colour. This can also be a good idea if you have different opinions about how often each of you is actually doing that particular chore.

Ready, set, go!



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		MYSELF				MY PARTNER				SOMEONE ELSE			
		ALWAYS	OFTEN	SOMETIMES	NEVER	ALWAYS	OFTEN	SOMETIMES	NEVER	ALWAYS	OFTEN	SOMETIMES	NEVER
CHORE OR ACTIVITY													
PAID WORK	Working full time												
	Working part time, due to childcare												
	Time off work when your child is sick												
CARE OF CHILD(REN)	Parental leave												
	Providing closeness (hugging, cuddling, carrying)												
	Playing (together with your child, reading, arts and crafts, outdoor play)												
	Feeding (breastfeeding, bottle feeding, making sure the child(ren) get the food they need)												
	Putting the child to bed (in the evening)												
	Helping the child nap during the day (e.g. taking walks with a pram)												
	Getting up at night when the child wakes up												
	Co-sleeping with your child												
	Dressing and undressing												
	Making sure the child(ren) have clean and dry clothing that is not torn or worn out												
	Label your child's clothing												
	Buying new clothing												
	Changing diapers, helping on the potty or toilet												
	Showering or bathing the child												
	Brushing teeth												
	Other hygiene activities (trimming nails, hair, etc.)												
	Comforting the child												
	Talking to the child (explaining things, talking about plans and providing information)												
	Listening to the child (asking about preferences, well-being, show interest)												
	Solving situations in which the child and the parents disagree												
	Monitoring the child's well-being (e.g. emotional and physical health, enjoyment of preschool, friends)												
	Teaching the child new things (e.g. tying shoes, swimming, biking)												
	Spending time alone with the child, without the other parent												
	Dropping off and picking up the child at preschool												
	Monitoring the child's daily routines and activities												
	Helping with homework												
Accompanying the child to leisure-time activities													
Arranging leisure-time activities													

		MYSELF				MY PARTNER				SOMEONE ELSE			
		ALWAYS	OFTEN	SOMETIMES	NEVER	ALWAYS	OFTEN	SOMETIMES	NEVER	ALWAYS	OFTEN	SOMETIMES	NEVER
CARE OF CHILD(REN)	CHORE OR ACTIVITY												
	Inviting a playmate												
	Packing a bag (e.g. bag with nappies, etc., extra clothing, for a trip)												
	Maintaining contact with childcare (e.g. preschool)												
	Maintaining contact with healthcare, children's health centre, etc.												
	Attending parent-teacher meetings, progress and development conferences, open house												
	Finding out information (e.g. reading, Googling about symptoms, child development, car seats)												
	Doing the research ahead of major decisions (e.g. choosing a preschool or school)												
	Buying toys, equipment for activities (e.g. football shoes)												
	Buying other child-related equipment (e.g. prams)												
	Arranging birthday parties												
Buying presents for the child													
FAMILY LIFE	Arranging leisure time and entertainment activities												
	Arranging enjoyable occasions at home (e.g. lighting candles, playing games)												
	Maintaining contacts with friends and relatives												
	Inviting guests (taking the initiative, planning, shopping, implementing)												
	Buying presents												
	Planning holidays and trips												
	Scheduling couple time (time without the children)												
LEISURE TIME / TIME ON YOUR OWN	Leisure time without the family, outside your home (e.g. exercise, meeting friends, travelling for pleasure)												
	Leisure time without the family, at home (undisturbed time for your own hobbies at home)												
	Sleeping late												
	Undisturbed sleep												
HUSHÅLLSARBETE	Making a shopping list												
	Grocery shopping												
	Meal planning												
	Cooking and preparing food												
	Clear the table after a meal												
	Doing the dishes (and filling or emptying the dishwasher or dishrack)												
	Take out the rubbish												
	Emptying the waste sorting bin												
	Tidy up												

	MYSELF				MY PARTNER				SOMEONE ELSE				
	ALWAYS	OFTEN	SOMETIMES	NEVER	ALWAYS	OFTEN	SOMETIMES	NEVER	ALWAYS	OFTEN	SOMETIMES	NEVER	
HOUSEHOLD WORK	CHORE OR ACTIVITY												
	Cleaning (dusting, vacuuming, mopping, etc.)												
	Watering the plants												
	Major cleaning (e.g. clean the windows, air out bedding)												
	Cleaning of one area (e.g., cleaning an oven or grill, defrosting the freezer)												
	Caring for potted plants												
	Taking care of important documents												
	Paying bills												
	Managing the family's finances												
	Maintaining contacts with government agencies and companies (e.g. National Insurance Office, bank, insurance companies)												
	Doing the laundry (collecting dirty laundry, washing, hanging, folding, putting in closet)												
	Ironing												
	Changing bed linens												
	Repairing broken objects												
	Changing light bulb												
	Installing shelves, pictures, hooks												
	Remodelling your home (e.g. renovating, painting the walls, wallpapering)												
	Making other purchases for your home (e.g. machinery, kitchen appliances, tools, interior decorating, furniture)												
	Doing the research ahead of major purchases of goods and services (e.g. buying a car, finding a handyman, finding a home)												
	Buying presents for parties and holidays												
Car-related matters (e.g. changing tyres, service the car, paying taxes)													
Gardening (e.g. planting, watering, oiling outdoor furniture)													
Taking care of summer home, boat, caravan													
OTHER													



Has this checklist piqued your curiosity to know more about how your family can be more gender-equal? Do you need some help to continue to talk about your situation at home?

In Sweden the Maternal and Child Health Service actively promote gender equality in parenting. You are welcome to bring any questions you may have to your midwife or child health centre appointment. They can also refer you to a counselling psychologist who specialises in maternal and child health.