Parental Activity Worksheet

for_____

Enter an M *and* an F for each item to show activity of *both* mother and father
Optional: Estimate time spent per month by each parent on each item

	Past Experience					Future Plans				
	always	usually	equally	seldom	never	always	usually	equally	seldom	never
Change diapers										
Buy clothes										
Cut hair										
Do laundry										
Wash hair										
Make breakfast										
Make lunch										
Make dinner										
Pack lunch, lunch money										
Consult with teachers										
Answer birthday invitations										
Teach to throw ball										
Play										
Read stories										
Buy gifts for parties										
Buy groceries										
Do dishes										
Fill out school papers										
Help with homework										
Arrange for sitters										
Put to bed										
Teach manners										
Teach problem solving										
Make brush teeth										
Arrange birthday parties										
Take trick or treating										
Make bed										
Fold and put away clothes										
Set TV and play rules										
Tend to minor hurts										
Take to doctor for checkup										
Take to dentist										
Tend when sick										
Maintain medical records										
Take to school first day										
Discipline										

	Past Experience					Future Plans				
	always	usually	equally	seldom	never	always	usually	equally	seldom	never
Mend clothes										
Maintain toys										
Teach to clean up										
Pack for trips										
Take to outside lessons										
Take to visit child's friends										
Arrange for friends to come										
Take to Sunday school, church										
Take to sport activities										
Take out to play										
Attend PTA meetings										
Choose best schools, classes										
Others (be specific):										