



This list was written by: Chloe Lowe

## The Mental Load of Parenting

From the app that helps parents with everyday parenting, providing checklists that bring you more time and more headspace.

We're on a mission to help manage the mental load. First step? Make it visible. All of our circumstances are unique, so your list might look a bit different. But here's a look at the most common things we've found. We've not included things like running the household on here - you'll find that on the physical load of parenting list.



### Newborns:

Health visitor appointments

Child benefit application

Private medical insurance claims

Immunisations

Baby essentials (first aid, nappies, wipes, Calpol etc)

Temperature regulation

Childcare selection

Sleep routines

Weaning preparation

### Toddlers:

Dentists appointments

Doctors appointments

Hair appointments

Opticians appointments

Health Visitor check ups





Wellness and self care



## Toddlers continued...

Immunisations

Physical and mental development

Childcare suitability

Healthy eating

Snacks and food quantities

Behavioural development

Socialisation

Your identity and me-time

Relationship with siblings

## Shoes and Clothing:

Clothes for the next season

Outdoor gear

Swimwear

New shoes (check shoes regularly for size)

Hats, scarves, gloves vs sun hats and face protection

parentlist.app  
@parentlistapp



We have taken great care to compile these lists for you but remind you that the individual parents are responsible for the use of our content available on the website, in newsletters and on social channels. Our content is not intended to be a substitute for professional advice based on your own individual circumstances.



Parent list



Wellness and self care



### Cooking and meal preparation:

Nutrition

Shopping lists

Online/supermarket shopping

Meal planning

### Activities and socialising:

Play for development

Swimming lessons

Playdates

Playgroups / Kid's clubs

### Family and Friends:

Birthday cards and gifts

Wedding cards and gifts

Mother's Day

Father's Day

Easter gatherings

Christmas

New baby cards and gifts

New home cards

parentlist.app  
@parentlistapp



We have taken great care to compile these lists for you but remind you that the individual parents are responsible for the use of our content available on the website, in newsletters and on social channels. Our content is not intended to be a substitute for professional advice based on your own individual circumstances.



Parent list



Wellness and self care



**Travel:**

Researching, booking and paying

Pet care

Child care

Packing

Travel documents

Car chargers

Entertainment

**Financial and Legal:**

Rising cost of living

Savings accounts

Childcare bills

Household bills

Life insurance

Wills

Power of Attorney

Child Benefit / Family Tax Credits

National Insurance Credits

Pensions / Savings

parentlist.app  
@parentlistapp



We have taken great care to compile these lists for you but remind you that the individual parents are responsible for the use of our content available on the website, in newsletters and on social channels. Our content is not intended to be a substitute for professional advice based on your own individual circumstances.



Parent list



Wellness and self care



**School admin:**

School payments (milk, fundraisers, excursions)

School photos

Parent's Evenings

Non-uniform days

Reading diaries

Homework

Clean uniforms and shoes

Water bottle and snacks

Teacher and TA cards and gifts

What would you add to this list?

Email [hello@parentlist.app](mailto:hello@parentlist.app) with your suggestions.

parentlist.app  
@parentlistapp



We have taken great care to compile these lists for you but remind you that the individual parents are responsible for the use of our content available on the website, in newsletters and on social channels. Our content is not intended to be a substitute for professional advice based on your own individual circumstances.



Parent list