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## The Physical Load of Parenting

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

Our list on the mental load of parenting (available on our website) aims to make the invisible load visible. But what about the stuff we can actually see? The physical load of parenting is no less important. When you see the two lists combined - it's no wonder we're feeling overloaded.



### Housekeeping:

- Cleaning (Bathrooms, kitchen, bedrooms, hoovering, washing floors etc)

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- Laundry (Clothing, towels, bedding etc)

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- Drying, folding and putting away laundry

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- Ironing

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- Watering the plants

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- Tidying up

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- Daily turndown service for the kids

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- Filing documents

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- Putting the bins out

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- Changing the bedding

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- Washing the car

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- Maintaining the garden

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- Cleaning toys

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- Organising / tidying drawers





Wellness and self care



### Childcare:

Packed lunches

Packing bags

Cleaning outdoor wear

Nursery drop off/pick up

Paying the bills

Free childcare hours application and renewals

Bath time

Personal care (nail clipping, nit combing etc)

Bedtime routine

### Cooking and meal preparation:

Food shopping and putting away

Meal planning

Packed lunches

Cooking

Batch cooking

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Parent list



Wellness and self care



### Health and wellbeing:

Stocking up the first aid kit

Keeping toiletries topped up

Fitting in exercise/outdoor time

Cooking from scratch

### Activities and socialising:

Driving to, prepping for and attending playgroups / kid's clubs

Packing the bag for swimming lessons

Driving to/from kids activities and clubs

Attending family outings

Shopping for cards, gifts, refreshments

What would you add to this list?

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

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