

Fair Play, by Eve Rodksy

Here's a **sample schedule** showing how one couple divided to conquer the daily workload. Use this as a sample for yourself and discuss it during your nightly check-in.

- 7am – everyone wakes up
- 7-7:30 – Parent One in charge of Morning Routine: getting kids dressed, teeth brushed, beds made, etc. Parents re-align on the day's schedule and revisit established [minimum standards of care](#).
- 7:30-8am – Parent Two holds Meal and Dishes cards, makes breakfast and handles morning dishes.
- 8-8:30am – Kids watch cartoons, parents get dressed
- 8:30-9am – Parents go over the day's plan with the kids
- 9am-1pm – Parent One works while Parent Two holds these cards:
 - Watching (kids)
 - Home School/Homework (kids)
 - Meal Prep – Weekday Lunch (kids)
- 1pm-5pm – Parent Two works while Parent One holds these cards:
 - Friendship and Social Media Management (kids)
 - Watching (kids)
 - Home School/Homework (kids)
- 5-7pm – Parent Two leads family cooking
 - Parent Two holder of the meal card (from menu planning to cooking to getting it to the table)
 - Parent One holds dishes and garbage cards
- 7-7:30 – Parent One takes lead on Bathing and Grooming and Parent Two takes lead on Bedtime Routine (kids winding down/reading before bed)
- 7:30pm – Kids' bedtime
- 7:30-8pm – Nightly check-in for parents when emotion is low and cognition is high; define the schedule for tomorrow and who is holding which cards (THIS IS THE TIME TO REDEAL – EACH DAY IS ITS OWN BEAST).
 - Add some fun! (tequila/ice cream pints etc.)
- 8-10pm – parent party (read, calls, binge watch and/or cocktails) and/or wrap up any work needs
 - Don't forget the Happiness Trio! – Adult Friendships, Self-Care and Unicorn Space

This schedule won't work for everyone and that's the point. Determine with your partner what works best for in your home understanding that you can revise it again and as needed at nightly check-in. Redirect and refine until you achieve what feels equitable and fair.