

Activity sheet

Parenting Roles and Other Shared Responsibilities in Relationships

Traditional gender roles and culture have always played a big part in relationships. But today, it is often expected that couples should practice a more equal sharing of household, parenting and financial tasks. Yet, research shows that traditional gender roles, specifically reflected in the division of labor in families, remain ingrained in practice and ideology (Belsky & Kelly, 1994; Erickson, 2005; Thompson, 1993). Despite the research and current culture, couples are still faced with individual decisions around how the division of labor will be established in their own families.

This simple tool that will help you begin to communicate about parenting roles and other shared responsibilities within your relationship.

Step 1: Read each role in the following table and do the following:

- Check the F box for Female if you believe that this is a role that women should be responsible for, as it relates to roles within the relationship.
- Check the M box for Male if you believe that this is a role that men should be responsible for, as it relates to roles within the relationship.
- Check the B box for Both if you believe that this is a role that both should be responsible for, as it relates to roles within the relationship.

Step 2: As this table does not include every possible situation, please list other roles & responsibilities you would like to add in the blank spaces provided.

Parenting Roles & Responsibilities	F	M	Both
• Providing a home for the child/children			
• Providing a home for the child/children			
• Choosing and providing for the education of the child/children			
• Determining, and attending to, the religious needs of the child/children, if appropriate			
• Attending to the medical needs of the child/children			
• Changing the diaper of the child/children			
• Feeding the child/children			
• Preparing and cooking meals			
• Mowing the lawn			
• Cleaning the apartment/house			
• Repairing the car			

