

THE WEEKLY PLANNER



For busy parents who
want to get
organised

THE WEEKLY PLANNER

Thanks for downloading the weekly planner worksheet from Parents that Work.

The weekly check-in is an essential part of parenthood to reduce the mental load on one parent, and help keep a balance of parenting, household, logistical and cognitive tasks.

Set aside 15–30 minutes once a week to help plan for the week ahead. Protect the time, and follow the worksheet to connect and align on everything that needs doing or thinking about for the next week.

This is more than dividing the drop off and pick ups. It's about sharing ownership of everything that needs to be done, making it visible so it no longer needs to be held in your head, and assigning ownership of the to do list for thinking, researching, doing and organising tasks.

Most importantly, it's a precious time to connect. Offer feedback about what you're grateful for, what's on your mind, and how you can support one another.

Good luck, enjoy the time together, and feel the stressors of the weekly grind melt away.

OUR WEEK AHEAD

What's going to be different this week?

How can I support you this week?

What's one thing you're grateful for from the last week?

What do we need to start planning for or talking about?

What must we remember to do, buy or organise?

OUR WEEK AHEAD



DATE: _____

	LOGISTICS	DON'T FORGET	DONE
MON			☐
TUE			☐
WED			☐
THU			☐
FRI			☐
SAT			☐
SUN			☐

OUR TO DO'S

- What reminders need to be set up?
- What do the kids need to know about this week and when?
- Who else needs to be updated, or asked to help?
- What must be done this week?

	OWNER	DONE
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Rachel Childs

