

# Divorce Worksheet

## CHILD CARE CHECKLIST

### Hygiene

- Baths
- Brushing teeth
- Changing sheets
- Child's bathroom cleaning
- Child's room cleaning
- Cleaning hands and face
- Cleaning up child after meals
- Diaper changes/bathroom use
- Dressing
- Flossing
- Hair combing/styling
- Haircuts
- Laundry
- Nail care
- Purchasing clothing and shoes

### Meals and Food

- Cleanup
- Feeding
- Packing lunches
- Planning
- Preparation
- Shopping
- Snacks
- Teaching child to cook

### Sleep

- Bedtime rituals
- Morning wake-ups
- Naps
- Nighttime wake-ups

### Education

- Arrangements for after school
- Arts and crafts projects
- Attending school functions
- Child care when home sick
- Educational activities at home
- Driver education
- Help with homework
- Homeschooling

- Offering explanations
- Attending extracurriculars
- Parent-teacher conferences
- Reading to the child
- Transportation to/from activities
- Transportation to/from school
- Trips to library
- Trips to museums/culture-related

### Emotional Nurturing

- Comforting
- Humor
- Participating in child's interests
- Rocking, soothing, holding
- Self-esteem
- Setting/enforcing rules and limits
- Talks and advice

### Health Care

- Taking child to appointments
- Scheduling appointments
- Giving/supervising medication
- Fostering boo-boos (cuts, stings)
- Calling health care providers
- Sunscreen application
- Bug repellent application
- Bicycle helmet

### Entertainment and Play

- Assisting child with pet care
- Buying toys
- Driving child to playdates
- Organizing toys
- Party planning
- Planning family vacations
- Playing games
- Playing sports with child
- Playing with toys
- Purchasing gifts for the child
- Supervising friends at home
- Watching TV/DVDs with child