

THE BIG INVISIBLE

WORK LIST AT HOME

ABOUT THE LIST

This list contains examples of what we in the book "Everything we don't see" refer to as invisible work. It's about things that aren't seen and noticed, but that still have to be done. Invisible work can be anything from making things nice at home to buying presents when it's someone's birthday.

Here, together with our followers, customers and partners, we have tried to collect all the invisible work we can come up with. Is something missing? Email to ida@makeequal.se, and we will compile and add that in the next update.

HOW CAN THE LIST BE USED:

1. Print one copy of the list for each one of you.
2. Go through the list and think with your partner(s) and/or others adults you live with - and discuss which of the things do not apply to your household. Cross them out! Add missing things to the blank lines at the end of the list.
3. Tick which of the options "always", "often", "rarely", or "never" that best matches how often you perform the chore when faced with that choice.
4. After you have individually ticked the boxes - compare your answer with the other(s) and discuss each other's estimates to see if you have a similar picture and if you should make changes.
5. Examine whether you can see a skewed distribution between different areas (e.g. someone is doing almost everything in one area while the other does the same in another) - and if this is something you want to change.
6. Discuss whether there is anything among the things "you never do" that you actually need to develop your skill in (or, if there are things you need to stop doing, because it affects the distribution negatively). Would it have a major negative impact if my partner(s) becomes ill, so that they could not do the job? (e.g. if they die or if there is a separation etc.)?
7. Also discuss the different levels of seeing the need for, planning and carrying out the task. It can be just as demanding - if not more so - to see the need for and plan

something. Actually doing a chore is not always the hardest part. What's your distribution there?

8. Think about, if the chores you perform are done daily, weekly or more rarely. This should not be valued equally.
9. Go through and discuss time consumption - after you have read the chapter on the topic together. Here, it is important to reach a consensus. Should the person who is faster perform more tasks, or does that person get to "lay down on the sofa" when finished with his/her parts? Does the person who takes the time need to find strategies to hurry up, or should the quicker person start chilling more?
10. Discuss whether someone gets to do more of the "fun" chores while the other/someone else gets to do the "boring" ones.
11. Also discuss the balance in how you perform - and look at - "simultaneous tasks": such as cleaning surfaces in the toilet while going to the toilet or boiling pacifiers while cooking. It can be about cleaning door moldings and doors when you are still dusting, or about cleaning the bath toys when you already are cleaning the bathtub, etcetera.
12. Finally, regardless of whether you are happy with the distribution or not, think about whether your solutions are norms you want to pass on to your children. Remember the old but true cliché: "Children don't do as you say, they do as you do."

IMPORTANT NOTE

An important thing to talk about and measure is the spare time outside of all the invisible work. Is it equal? Is there time to exercise, meet friends, go on a pleasure trip, read, surf, rest and sleep?

When you discuss your answers with each other at home, it is important not to "count tasks", since many of them cannot be compared. For example, a check on changing tires cannot be equated with a task such as putting the children to bed, because one occurs daily while the other occurs once a year.

Also think and talk about whether you are good at paying attention to the invisible work that the other/the others do in the home. Do you usually see and pay attention to things you don't do yourself?

THE BOOK "EVERYTHING WE DON'T SEE"

Have you read the book "Everything we don't see: that's how you are affected by the invisible work – at home and at work"? It contains in-depth knowledge about invisible work, as well as tips on how you can work further in your workplace to create functioning routines and change!

FOR MORE INFORMATION

See website: www.osynligtarbete.se.

Good luck!

HOW OFTEN DO YOU DO THE TASK LISTED DOWN BELOW?

Tick which of the options "always", "often", "rarely", or "never" that best matches how often you perform the chore when faced with that choice.

PROJECT MANAGEMENT

	Always	Often	Rarely	Never
Looks for things no one can find.				
Synchronize the family schedules at home.				
Take the initiative to plan for holidays etcetera.				
Creates a shared calendar/ initiates synchronization of calendars.				
Does research before big decisions (moving, purchase of car, new home, etc.).				
Keeps track of important papers.				
Assigns chores to different family members, to make sure things get done.				
Remembers to book appointments with, for example, the doctor, dentist or veterinarian.				
"Multitasking"/doing "simultaneous chores" such as wiping surfaces in the toilet while fulfilling the needs, boiling pacifiers while cooking, wiping door frames and doors while dusting and cleaning the bath toys while cleaning the bathtub.				
Keeps track of important information from the landlord, for example cleaning days, maintenance, cleaning of bicycle storage and so on.				
Takes the initiative to book a "weekly meeting" for family planning.				

Plans couple time.				
Plans familytime				
Plans for alone time/free time for partner/other person.				
Reminds about activities: "Today we have couples therapy."				

TRAVELS/TRANSPORT

	Always	Often	Rarely	Never
Plans activities for the family.				
Writes packing lists.				
Makes purchases for things that are needed before trips.				
Packs and double checks that everything actually is packed.				
Keeps track of where everything is during the trip.				
Keeps track of vaccination cards and entry regulations.				
Plans activities that "should suit everyone".				
Research how one gets around on the destination.				
Is a "mood manager" during the trip: "Here you have some juice." "Now we need to refuel."				

SOCIAL RESPONSIBILITY

	Always	Often	Rarely	Never
Plans activities for the family.				
Plans social gatherings with relatives/ friends.				
Manages the family's social calendar, keeps track of who has been invited to dinner or when you last met other family members.				

Keep in touch with family.				
Is "mood manager": spreads a positive atmosphere, and supports and lifts moods.				
Remembers previous calls and reconnects.				
Is responsible for the work regarding love and the relationship/ evolving and cherishing the relationship.				
Listens to and comforts sad family members.				
Asks questions about how you are and how your day has been.				
Buys home "fika"/cooks a good dinner/offers to make something for the partner after a tough day/time.				
Affirms and supports family members.				
Mediates in conflicts within the family.				
Takes up "difficult" conversations or talks through something in the relationship/family that doesn't feel good.				
Responsible for one's own well-being.				
Responsible for the elderly people in the family.				
Keep track of and celebrate birthdays for relatives and family.				
Keeps track of streaming services, finds things that everyone will enjoy watching.				
Takes pictures of partner and family.				
Cleans, edits, sends and prints images/ makes photo books.				
Consults and talks with friends/ acquaintances in search of solutions, for all sorts of things.				
Gets up in the middle of the night when things need to be done (check strange noises, getting something for the children, meeting the teenager coming home, etc.).				
Is the one who reacts the fastest when a child wakes up/ calling for something etcetera.				
Knows the full social security number of family members.				

GOING TO DINNER/ PARTY/ GRADUATION AND SIMILAR

	Always	Often	Rarely	Never
Responds to invitations and writes it into the family calendar.				
Thinks about suitable gifts/ keeps track of family members' interests, for gift purchases.				
Buys gifts/flowers.				
Wrapps presents and gifts.				
Planning fundraisers for joint gifts to relatives/ friends/ teachers and so on.				

INVITE OVER FOR DINNER

	Always	Often	Rarely	Never
Setting a date with involved parties.				
Finds out about diets, allergies and similar.				
Plan/ shop for food.				
Sets the table.				
Cooks the food.				
Fixes things up right before the guests arrive.				

INVITE TO BIGGER DINNER/ PARTY/ HOLIDAY

	Always	Often	Rarely	Never
Writes guestlist.				
Writes and sends out invitations.				
Plans food/ fika/ “knytis”.				
Plans activities.				
Creates a budget.				
Shops.				

Responds to invitation answers.				
Prepares everything practical a few days before (eg. baking, cleaning, etc.).				
Prepares everything right before, for example decorating, setting the table and so on.				

THE KITCHEN

FOOD

	Always	Often	Rarely	Never
Plans purchases/ writes shopping lists.				
Looks for recipes.				
Keeps track of the availability of basic goods.				
Shops				
Makes coffee.				
Makes breakfast.				
Makes lunch.				
Fixes snacks.				
Cooks dinner.				
Orders and/ or picks up take away food.				
Bakes.				
Reuses leftovers (and food that otherwise needs to be thrown away).				

CLEANING

	Always	Often	Rarely	Never
Empties the filter in the coffee maker and rinse the pot.				
Deep cleans/ descales the coffee machine.				
Cleans out the fridge and freezer.				
Keeps track of/ clears out old things in the fridge and freezer.				

Clears the pantry.				
Is responsible for the order in the kitchen cabinets.				
Takes the dishes.				
Wipes out the sink.				
Picks in the dishwasher/ dish rack.				
Removes glasses/ cups etcetera.				
Purchases new porcelain if/ when the old breaks.				
Sets the table.				
Takes away food/ dishes.				
Wipes out the microwave.				
Cleanse the oven.				
Defrost the freezer.				
Wipes the sink with a cloth.				
Wipe other surfaces in the kitchen.				
Take out the trash.				
Sorts recycling.				
Goes out with the trash in time.				
Depositing bottles and cans.				
Make sure there are washing-up liquid/ washing machine tablets.				
Puts everything in order in the kitchen.				
Replaces old/ used household utensils.				
Sweep up/ vacuum crumbs after meals.				
Wipe off kitchen drawers.				
Wipe off kitchen doors.				
Clean the kitchen fan.				
Clean the filter in the kitchen fan.				
Cleans behind the radiator.				

Deep clean the dishwasher.				
Cleans at “invisible” places (doorknobs on the fridge and freezer, etcetera).				

TECHNOLOGY AND CRAFTSMANSHIP

	Always	Often	Rarely	Never
Fixes technical issues.				
Installs things (wifi, tv, etcetera).				
Replaces fuses, bulbs and batteries.				
Is responsible for It-systems and backups.				
Buys batteries.				
Puts up shelves, paintings and hooks.				
Remodels the house (renovating, painting walls, wallpapering).				
Keeps track of the heating system.				
Keep track of the water heater.				
Fixes broken things.				
Manages the selection/booking of/contact with tradesmen.				
Researches and make decisions regarding streaming services.				
Keep track of mobile subscriptions.				
Keeps track of broadband contracts.				
Keeps track of electricity contracts.				
Fixes everything with bikes (service, flat tires etcetera).				
Oil in decking/outdoor furniture.				

CAR

	Always	Often	Rarely	Never
Drives a car.				
Books car inspections and services on time.				

Refuels.				
Changes tires.				
Washes the car.				
Scrapes of snow and ice.				
Fixes insurance.				
Cleans out the car every now and then.				

ECONOMY

	Always	Often	Rarely	Never
Manages contact with authorities (insurance companies, banks, etc.).				
Keeps track of loans/repayments.				
Keeps track of physical discount coupons.				
Keeps an eye out for sales/looks for cheap/ compare prices.				
Keeps track of member offers/digital discounts in emails, for example.				
Switches insurance and electricity contracts in search of better deals.				
Creates budgets.				
Matches expenses against the budget.				
Thinks ahead and plans the economy more long-term with for example investments and savings.				
Buys and sells funds.				
Pays the bills.				

HOUSEHOLD

INSIDE:

	Always	Often	Rarely	Never
Plans and executes purchases of home decor.				
Fixes and waters flowers/potted plants.				

Buys new flowers when needed.				
Wipes tables after other people's meals.				
Arranges tables and chairs.				
Screws loose screws on furniture and chairs.				
Sets the table nicely.				
Picks things up and puts them in their right places in the home:small things, clothes, toys etc.				
Thinking about furniture and "home feeling".				
Clears through mail and newspapers.				
Opens windows and ventilates/ closes windows.				
Buys and sets up things/ decorations around the holidays.				
"Seasonal cleans" in the hall, among jackets/ shoes etcetera.				
Arranges shoes.				
Vacuums.				
Emptying the vacuum cleaner.				
Buys vacuum cleaner bags.				
Mops floors.				
Dusts.				
Cleans door moldings.				
Cleans cupboards /wardrobes.				
Makes the bed.				
Changes beddings.				
Washes beddings regularly.				
Wash pillows and duvets once a year.				
Pulls up/down all blinds.				
Changes candles.				
Turn off lights/ set timers etcetera.				
Sets up fly traps.				

Puffs up pillows and removes crumbs, hair, stains and so on from the sofa.				
Creates a cozy feeling, lights a candle, turns on music etcetera.				
Cleans mirrors and windows.				
Fixes carpets.				
Deep clean (not every day cleaning).				
Organizes: invents and implements storage systems (in pantry, kitchen drawers, basement/attic, etcetera).				
Take things up/down from the basement/attic.				
Clears out the basement/ attic/ garage.				
Marking everything in the attic/ basement and in the pantry, kitchen drawers etc.				
Prepares the house for when guests arrive.				
Gets and/or opens the mail.				
Lights the fireplace.				
Clears the fireplace				
Take care of summer cottage/ boat/caravan.				

OUTSIDE:

	Always	Often	Rarely	Never
Planting and maintenance of garden/balcony.				
Cuts the grass.				
Cuts the hedge.				
Cleans up weeds.				
Shovels snow.				
Chopping/ getting wood.				

TOILET

	Always	Often	Rarely	Never
Cleans the toilet				

Refills with toilet rolls.				
Throws away empty toilet rolls.				
Adds extra toilet rolls besides the toilet seat, for preventive purposes.				
Puts your own and the rest of the family's bath towels (and guest towels) in the laundry basket - and hang up new ones.				
Washes and restock towels.				
Refills soap.				
Clears the drains.				
Rins off the sink a little extra.				
Buys tooth brushes.				
Keeps track of toilet paper, toothpaste, etc., if it runs out - writes it up on the shopping list.				
Buys soap, tops, detergents, detergents etcetera.				
Washes/changes the shower curtain.				
Deep clean the washing machine.				

CLOTHES

	Always	Often	Rarely	Never
Washes clothes.				
Hangs the laundry to dry.				
Book the laundry room.				
Irons clothes.				
Folds and puts clothes in the wardrobe.				
Keeps track of which clothes are clean.				
Buys clothes.				
Sells/donates clothes.				
Keep track of what is worn out and buys new.				
Fixes torn clothes.				

Cleans out of the closet (empties, cleans, vacuums, before the new season and so on).				
Lubricates/impregnates shoes and clothes.				
Drop off and pick up dry cleaning.				
Sorts dirty laundry.				

CHILDREN

PLANNING AND STRUCTURE

	Always	Often	Rarely	Never
Writes educational routine lists for the children to follow, for example: morning list, evening list, packing lists and so on.				
Keep track of the preschool/ school app and emails.				
Keeps track of days when the preschool is closed.				
Keep track of and plan for when things will happen, for example: informing the school about dental appointments etcetera.				
Does research before big decisions (choice of preschool/ school/ car seat/ stroller etc.).				
Arranges and has contact with a babysitter.				
Takes the initiative to introduce new elements in child rearing.				
Sets rules (which applies on computer games, how long the child can stay out, if it's okay to sleep over with friends and so on).				
Buys and packs fruit/ snacks for the children's school/ to give at pick ups.				
Make sure that there are painkillers, cough medicine and so on, for the children - to always be prepared.				
Ensures that diapers/ washcloths are available.				
Buys birthday presents/ gifts for your own child/ children.				
Plans and thinks about practical things (like googling the best stroller and so on).				
Plans, measures, shops, furnishes and fixes children's rooms over time and at different ages. It can be about furnishing and fixing floors, carpets,				

wallpaper, repaint, fix curtains and curtain rods, buy new bedding, organize storage, fix areas for playing, putting together desks, arranging for quiet corners and so on.				
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CLOTHES AND TOYS

	Always	Often	Rarely	Never
Puts on/ off the children's clothes.				
Cleans and stores the children's clothes.				
Changes the children's wardrobe based on the season.				
Buys new clothes for the children so that everything is in correct sizes - and suitable for the season.				
Name brands clothing.				
Clears out toys.				
Fixes broken toys.				
Sells/ recycles/ donates toys.				
Checks that there are books and toys for the right age, based on the needs/interests of the children at the moment.				
Cleans the tub of toys.				
Washes bath toys.				

CREATING SAFETY – AND THE RELATIONSHIP

	Always	Often	Rarely	Never
Gives closeness, carries the children, cuddles and gives hugs.				
Comforts children.				
Plays with children.				
Askes how the children are doing and listens to the answer/ asks supplementary questions.				
Have alone time with the children without the other parent.				
Learn the names of the children's friends.				
Is more on parental leave.				

CHILD DEVELOPMENT

	Always	Often	Rarely	Never
Books parenting courses such as ABC, The circle of safety, COPE and so on.				
Potty trains children.				
Teach the child/children to talk. Practicing sounds, consonants, words and melodies.				
Teach children new things (for example, dressing, writing, cycling and so on).				
Prepares the children mentally for, for example school start: tells you that "in a month you will start school".				
Goes to parent meetings/ development meetings and open houses.				
Has contact with preschool/ school.				
Recurrently clears out books depending on the child's age.				
Reading for and with children.				
Keeps track of all the homework for the week and plan when and how they can be made.				
Doing homework with the children.				
Gives the children knowledge about society (gives a historical, political and psychological context to what takes place in the outside world).				
Reads about child rearing/ developmental curves/ challenges with the children/ illnesses etcetera				
Talks about values with the children.				
Sorts out conflicts with other children/ manages and takes contact with other parents, checks if something is wrong in the class/ group of friends.				
Brings up things that happened at the school/ preschool and discusses various measures.				
Pushes for changes in the children's and others children's work environment (for example at school), in order to counter bullying, sexism, racism and so on (and handles all communication regarding this).				
Answering questions ... 1,000 questions!				

HEALTH AND HYGIENE

	Always	Often	Rarely	Never
Keep track of planned, booked doctor's appointments for the children.				
Has contact with healthcare (BVC, health center etcetera).				
Cooks pacifiers.				
Childproofing the home.				
Cuts the children's nails.				
Gives medicine/vitamins.				
Cleans the children's ears.				
Washes the children's hair.				
Make sure the children wash their hands.				
Brushes/braids/cuts hair.				

LEISURE TIME

	Always	Often	Rarely	Never
Responsible for after school activities.				
Plans carpooling with other parents.				
Have contact with the parents of children's friends.				
Manage playdates and playtime for the children and their friends.				
Remember the special needs of the children's friends around food and treatment.				
Finds out information about and books leisure activities.				
Buys equipment for activities, for example sportswear.				
Is involved in the children's leisure interests/organizations.				
Bakes for sports organizations/ school stuff.				

EVERYDAY LIFE

	Always	Often	Rarely	Never

Get the children ready in the morning and make sure that everything is "on and packed".				
Drop off and pick up at preschool/school.				
Make sure the children are “dressed for the weather”.				
Makes sure that everything that the children need is available at the preschool/ school (extra clothes, sunscreen, etc.).				
Drives the children.				
Plans packed lunches/ fika.				
Packs schoolbags.				
Packs the children's gym bags for sports.				
Refills and prepares diaper bags.				
Breastfeeds/gives bottle.				
Changing diapers /helping on the potty/ toilet.				
Showers/bathes children.				
Do evening care with children.				
Brushing children's teeth.				
Puts children to bed during the day.				
Puts children to bed during the night.				
Sleeps with children.				
Night watches.				
Takes early mornings with the children.				
Flexes/leaves earlier from work for things related to the children.				
Stays home from work with sick children.				
Wakes up children on time.				

ECONOMY AND TECHNIQUE

	Always	Often	Rarely	Never
Make sure there are retirements savings, insurance for children etcetera.				
Fixes digital accounts for the children.				

Creates and keeps track of the children's phone subscriptions.				
Terminates app subscription.				

FIX BIRTHDAY PARTY

	Always	Often	Rarely	Never
Sets a date and the amount of children to invite.				
Writes guest list.				
Writes and sends out invitations.				
Plans food/fika.				
Plans activities.				
Creates a budget.				
Shops.				
Is responsible for the answers of the invitations.				
Prepare everything practical a few days before, for example bake, clean and so on.				
Prepares everything right before, for example preparing for games, set the table and so on.				

GOING TO BIRTHDAY PARTY

	Always	Often	Rarely	Never
Answer invitations and writing in the family calendar.				
Buys gifts				
Wrap gifts and writes cards.				
Prepare the children with clothes, gifts and so on before they go.				

HOLIDAYS FOR THE CHILDREN

	Always	Often	Rarely	Never
Plans for children who want to go for “trick or treating” and similar activities.				
Plans/ buys/ brings forth clothes and things to dress up with.				

Plans/ shops for candy/ fruit.				
Shops decorations/ crafts together with the children.				
Decorates the home/ garden.				
Organize invitations around the holidays (see the “invite people over for dinner” previous in the list).				

SEPARATED WITH CHILDREN/ SHARED CUSTODY

	Always	Often	Rarely	Never
Keeps in touch.				
Informs.				
Get along as equals.				
Adjust holiday schedules.				
Reminds other parent/parents about things that need to be brung/ bought.				

ANIMALS

	Always	Often	Rarely	Never
Responsible for the animal's hygiene (cuts claws, brushes fur, showers, brushes teeth, etc.).				
Exercises with the dog/ other animal.				
Boosk dog courses and other education.				
Goes for a “quick” walk with the dog				
Take the dog on long walks.				
Cleaning cat litter.				
Gives water to animals				
Buys animal food				
Plans and book zookeeper.				
Cleans animal cages				
Is responsible for outside animals (horses, cows, pigs, etcetera).				