

# Child Care Checklist

JAMES ZISA  
ATTORNEYS

Use this to list what you usually do with your children.

## Hygiene

<input type="checkbox"/>	Baths	<input type="checkbox"/>	Haircuts
<input type="checkbox"/>	Cleaning hands and face	<input type="checkbox"/>	Dressing
<input type="checkbox"/>	Brushing teeth	<input type="checkbox"/>	Laundry
<input type="checkbox"/>	Flossing teeth	<input type="checkbox"/>	Changing sheets
<input type="checkbox"/>	Changing diapers	<input type="checkbox"/>	Buying clother and shoes
<input type="checkbox"/>	Bathroom visits / toilet training	<input type="checkbox"/>	Cleaning child's room
<input type="checkbox"/>	Hair combing / styling	<input type="checkbox"/>	Cleaning childs bathroom
<input type="checkbox"/>	Nail care	<input type="checkbox"/>	
<input type="checkbox"/>	Cleaning up after meals	<input type="checkbox"/>	

## Meals and Food

<input type="checkbox"/>	Feeding	<input type="checkbox"/>	Snacks
<input type="checkbox"/>	Preparation / cooking	<input type="checkbox"/>	Making / packing lunches
<input type="checkbox"/>	Clean-up	<input type="checkbox"/>	Preparing / sending food items to school
<input type="checkbox"/>	Planning	<input type="checkbox"/>	Teaching child to feed him / her self
<input type="checkbox"/>	Shopping	<input type="checkbox"/>	Teaching child to cook

## Sleep

<input type="checkbox"/>	Bedtime rituals	<input type="checkbox"/>	Naps
<input type="checkbox"/>	Nighttime wake-ups	<input type="checkbox"/>	Morning wake-ups

## Education

<input type="checkbox"/>	Reading to the child	<input type="checkbox"/>	Parent / teacher conferences
<input type="checkbox"/>	Help with homework	<input type="checkbox"/>	Attending school functions
<input type="checkbox"/>	Transportation to and from school	<input type="checkbox"/>	Parental involvement in extracurricular activities, sports, and so on
<input type="checkbox"/>	Child care when home sick	<input type="checkbox"/>	Offering explanations
<input type="checkbox"/>	Arrangements for extracurricular activities	<input type="checkbox"/>	Trips to the library
<input type="checkbox"/>	Drver's education	<input type="checkbox"/>	Trips to museums and other educational trips
<input type="checkbox"/>	Parental attendance at extracurricular activities, sports, and so on.	<input type="checkbox"/>	Arts and crafts projects
<input type="checkbox"/>		<input type="checkbox"/>	Homeschooling

## Emotional Nurturing

<input type="checkbox"/>	Rocking, soothing and holding	<input type="checkbox"/>	Calling health care providers for assistance
<input type="checkbox"/>	Scheduling health care appointments	<input type="checkbox"/>	Sunscreen and skin protection
<input type="checkbox"/>	giving / supervising medication	<input type="checkbox"/>	Bug repellent application
<input type="checkbox"/>	Home medical care and first aid	<input type="checkbox"/>	Bicycle helmet
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

Make extra copies as needed.

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As with all such organizers, you should consult James Zisa Attorneys to discuss your particular case.

