

How to be an inclusive leader at home

- Every Sunday, list the chores for the week
- Have a shared grocery or chores list (physical or phone app)
- Teach your kids too! This is a great opportunity to be a role model
- Be respectful of each other and your different needs

SHARE HOUSEHOLD AND CARE WORK

COMMUNICATE OPENLY AND HONESTLY

FIGHT STEREOTYPES

PRIORITIZE MENTAL HEALTH

SHOW APPRECIATION FOR EACH OTHER

- Listen and learn
- Ask for help
- Offer help
- Review and reflect
 - What's working?
 - What's not working?
- Do fun activities together that will help decrease stress and anxiety

