The Parent Work-Block Agreement

Give the work a boundary and the family a reliable return.

A work window is usable only when its task, care coverage, interruption plan, and ending are real.

Example: a parent drafts one agenda section while another adult covers an agreed household duty. At the end, the parent records the next edit and returns for the promised dinner cleanup.

01 Define the work

Select one bounded deliverable.

Deliverable for this block

Available start and end

Materials needed

First action to take

02 Agree on coverage

Keep caregiving responsibility clear.

Responsible covering adult

Care duties during block

Agreement confirmed

Task if sole caregiver

The Parent Work-Block Agreement / Review & follow-through

03 Plan interruptions

Give the household a usable route.

Needs requiring immediate help

Routine question route

Check or break time

Restart note if interrupted

04 End and return

Honor the family handoff.

Work actually completed

Next work action

Adult handoff confirmed

Family duty to carry next