



# The importance of chores

Children are often more capable than we realize. Presenting children with age-appropriate challenges and responsibilities is how parents help them grow. Helping out around the house is the perfect training ground to help prepare your kids for life.



## GETTING STARTED

- Talk to your child about what it means to be responsible. Explain their new duties as a way they help the family and learn skills they will need for their whole life.
- Create a visual schedule or chore chart.
- Discuss being consistent and reliable.
- If appropriate, lay out consequences for neglecting chores.
- As a parent, be consistent with your expectations.
- The younger the child, the more guidance they will need, especially in the beginning. Do chores with them at first until they have enough skill and confidence.

## AGE-APPROPRIATE CHORES



### Toddlers (2-3)

Toddlers are eager helpers and love to do what you are doing. They will need lots of hands-on guidance, but it's worth the effort.

- Pick up toys
- Wipe up spills
- Put laundry in the hamper
- Fill up a pet's food bowl



### Preschoolers (4-5)

At this age, more independence may develop as your child gains more motor control and has a better memory.

- Clear the table
- Make their bed
- Water plants
- Sort laundry
- Use a handheld vacuum to clean



### Primary schoolers (6-9)

This is the age to reinforce independence and consistency with chore expectations. Your child may begin to push back a bit, but stay firm.

- Clean their room
- Wash dishes
- Vacuum, sweep, or mop
- Help with meal prep
- Rake or pull weeds



### Middle schoolers (10-13)

By middle school, your child can truly help with tasks around the house and should have the ability to do a variety of chores.

- Do laundry
- Take out trash
- Load and unload the dishwasher
- Wash the car
- Make their lunch



### High-schoolers (14+)

Moving toward adulthood, now is the time to make tasks more challenging and ensure they have the necessary skills.

- Mow the lawn
- Prepare a meal
- Care for siblings
- Help with deep cleaning
- Iron and mend clothes