

Age Appropriate Chores

CHORE	2-3	4-5	6-8	9-12	13-15
LAUNDRY	<ul style="list-style-type: none"> - Put dirty clothes in laundry basket - Help put laundry in machines 	<ul style="list-style-type: none"> - Match clean socks - Sort clothes by colour/type - Fold dish towels 	<ul style="list-style-type: none"> - Fold laundry (with help) - Put own laundry away 	<ul style="list-style-type: none"> - Learn to use the laundry machines - Put all laundry away 	<ul style="list-style-type: none"> - Change bed sheets - Do own laundry independently
DISHES	<ul style="list-style-type: none"> - Set the table with help 	<ul style="list-style-type: none"> - Collect dishes from table - Put away cutlery & plastic dishes 	<ul style="list-style-type: none"> - Empty dishwasher 	<ul style="list-style-type: none"> - Load & empty dishwasher - Wash dishes (with supervision) 	<ul style="list-style-type: none"> - Do all dishes independently
MEALS & COOKING	<ul style="list-style-type: none"> - Set table with help - Help with simple baking/cooking tasks 	<ul style="list-style-type: none"> - Set/clear table - Wash fruits and veggies 	<ul style="list-style-type: none"> - Help prepare meals with supervision 	<ul style="list-style-type: none"> - Occasionally prepare meals with help 	<ul style="list-style-type: none"> - Occasionally prepare meals, including make list and go shopping for food
BATHROOM	<ul style="list-style-type: none"> - Put dirty towels in laundry 	<ul style="list-style-type: none"> - Hang clean towels - Empty trash (with help) 	<ul style="list-style-type: none"> - Clean sinks - Empty trash independently 	<ul style="list-style-type: none"> - Clean toilets & mirrors (with help) 	<ul style="list-style-type: none"> - Clean tub & shower
BEDROOM	<ul style="list-style-type: none"> - Put pillow & blanket on bed (with supervision) - Pick up toys (with help) 	<ul style="list-style-type: none"> - Put away toys - Put pillow & blanket on bed - Put dirty clothes in laundry 	<ul style="list-style-type: none"> - Clean room independently - Make bed daily 	<ul style="list-style-type: none"> - Keep bedroom clean - Vacuum 	<ul style="list-style-type: none"> - Take out own trash
PETS	<ul style="list-style-type: none"> - Fill food/water bowl (with help) 	<ul style="list-style-type: none"> - Fill food/water bowl 	<ul style="list-style-type: none"> - Be responsible for food/water - Let outside 	<ul style="list-style-type: none"> - Responsible for pet exercise 	<ul style="list-style-type: none"> - Responsible for all pet needs - Clean up dog poop
OUTDOOR CHORES	<ul style="list-style-type: none"> - Help collect trash in yard (with supervision) 	<ul style="list-style-type: none"> - Help collect trash in yard (with supervision) 	<ul style="list-style-type: none"> - Collect mail - Shovel snow (with help) 	<ul style="list-style-type: none"> - Shovel snow 	<ul style="list-style-type: none"> - Clean up flowerbeds
OTHER	<ul style="list-style-type: none"> - Help clean spills - Dust (with help) 	<ul style="list-style-type: none"> - Dry mop floor - Dust independently 	<ul style="list-style-type: none"> - Vacuum (with help) 	<ul style="list-style-type: none"> - Vacuum independently - Trash/recycling to curb 	<ul style="list-style-type: none"> - Change vacuum bag - Collect garbage/recycling

Daily Chores

Daily chores are a great way to teach your children life skills and now is the perfect time to teach them. Adding chores into your daily schedule gives you more time to spend with your family and helps your kids feel like a useful member of the 'team'. The bonus is that when you do go back to work household tasks will still get done. Here are a few steps and some things to think about if you are just starting out:

1. Make sure that chores are age appropriate. Giving jobs that are too hard for the kids will only set them up for failure.
2. Set realistic expectations. Start with one or two chores that are simple and fairly easy. (making the bed, setting the table).
3. Engaging toddlers in helping with your chores is a way to teach and entertain them. Young children really only want to spend time with you. Things may take longer, but everyone is kept busy and out of trouble.
4. Don't overload your day with work. Add chores gradually in your daily schedule.
5. Give children step by step instructions. Avoid being vague like "go clean your room". Give step by step instructions like put dirty clothes in the laundry, hang up or fold the clean ones, pick up toys and put them away, make your bed...
6. Give one instruction at a time until the chore is learned. Breaking tasks into small steps make chores less overwhelming and gives children a starting point.
7. Remember to praise the effort, not the result. By helping and showing them how the chore is done, things will get done the way you like.
8. Resist the urge to "fix" or redo what they have done. It won't be perfect but over time it will get better. Rome wasn't built in one day.

HAVE FUN! Mix things up.

Put all chores in a bag and have each child pick a chore of the day.

Race with the kids. Who can get it done first? Who can find the most red toys to put away?

A fun game to play is to find the Magic Toy. You pick a toy, have the kids start picking up and bringing you toys, you can tell them where it belongs and whether it is the magic toy! Mysteriously the magic toy was never picked first. A small reward for the child who finds it makes the game more interesting, second and third place prizes work as great incentives to keep the game going.

Working in teams helps keep the little ones involved.



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