

Chores that grow with your child

Sharing household chores is one of the best ways of teaching your child about responsibility. It is never too early to get children to help around the house. A simple place to start is with the idea of cleaning up after oneself. It keeps kitchens, bathrooms and bedrooms tidier if the expectation is that you put away what you take out and clean up any messes you make.

You can also start to give your child one or two age-appropriate chores to be responsible for on a regular basis. As your child grows,

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PARENTING POINTS

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more responsibilities can be handled. By age 11, your child should be able to handle almost any household chore.

The following are some suggestions of chores according to age. Each child is different, so keep in mind your child's

abilities and preferences when deciding what chores to assign.

AGES 2-3

- Put toys away when finished playing
- Put dirty clothes in the hamper
- Take their own dishes to the sink after a meal or snack
- Dust furniture
- Help with baking by mixing or scooping ingredients

AGE 4

- Prepare a simple snack
- Make bed with some assistance

• Set and clear the table with supervision

- Feed pets
- Dress independently

AGE 5

- Wipe the bathroom sink and counter after washing
- Keep bedroom tidy
- Take out garbage
- Help with laundry – fold towels and match socks
- Put away clean clothes in drawers and closet

AGES 6-7

- Brush teeth (before this age an adult should help with brushing to ensure healthy

teeth)

- Sweep, mop or vacuum the floor
- Assist with meal preparation, prepare a simple meal with supervision
- Wash or dry dishes, or load and unload dishwasher

AGES 8-10

- Change bed sheets
- Do laundry with supervision
- Clean bathroom with supervision
- Prepare a simple meal independently
- Be responsible for homework and belongings