
TIME, WORK, & FAMILY

Getting Children to Help

Age Appropriate Chores *Managing*

AGES 2 – 3:

Many of these jobs can be done with assistance from you. Pick one or two that the child can do consistently rather than the whole list.

- Undress
- Dress (with help)
- Pick up Toys
- Empty Bedroom Wastebasket
- Put Dirty Clothes in the Hamper
- Hand Clothes on Hooks
- Simple Grooming (wash face)
- Help Make Bed (put pillow on)

AGES 4 – 5:

Match new skills and increased challenges. Increase the number to four chores per day.

- Dress
- Pick up Toys
- Tidy Room
- Set the Table
- Help Load Dishwasher
- Help Put Away Groceries
- Put Tricycle Away
- Water Plants
- Put Dirty Clothes in Hamper or Laundry Area
- Take Bath (some assistance still needed)
- Empty Small Trash Baskets and/or Collect Newspapers
- Hang Clothes on Hooks
- Simple Grooming (wash face)
- Help with Bed Making
- Clear Dishes from Table
- Help Make Snack Foods
- Pull Weeds (with help)
- Feed and Water Pets
- Sort Socks

AGES 6 – 7:

Offer a choice of jobs at this stage or use the job jar idea.

- Dress
- Make Bed
- Shake Rugs
- Make Snacks
- Water Plants
- Bring in Firewood
- Straighten Shelves
- Put Toilet Tissue on Roll
- Sweep Kitchen, Walks, Patio, Deck or Garage
- Most Grooming tasks (may need help with hair)
- Take Dirty Clothes to Laundry Area
- Do Simple Laundry Tasks with Help (such as folding clothes or washing and drying towels)
- Hang Up Clothes
- Tidy Room
- Feed Pets
- Assist with Meal Preparation
- Rake Leaves and Grass
- Organize School Items
- Clean Bathroom Sink
- Help Put Away Groceries

AGES 8 – 10:

Five chores daily, in addition to the chores previously listed.

- Pick Fruit
- Wash Dishes
- Pick up Toys
- Strip Bed
- Learn to Sew
- Mop Floor
- Put Dirty Clothes in the Hamper
- Sort Laundry by Color
- Wash, Dry, Fold and Put Clothes Away
- Clean Out a Drawer or Straighten a Shelf
- Help Adult Clean Out Refrigerator
- Paint Fences or Garage Shelves (with help)
- Wash Sink, Toilet & Bathtub
- Clean-up After Pets in Yard
- Simple Meal Preparation
- Use Clothes Washer & Dryer
- Wash a Mirror or Window
- Polish Silverware

AGES 11 – 12:

Five chores daily, in addition to the chores previously listed.

- Make Own Breakfast
- Pack Family Lunches
- Help Serve Meals
- Polish Furniture
- Bake
- Help Younger Children Make Bed or Get Dressed
- Do Some Shopping with a List
- Vacuum Traffic Area of Carpet
- Do the Family Washing
- Mow Lawn
- Clean Appliances

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