

Household Responsibilities

Giving children chores from an early age will help teach them work ethic, responsibility, self-reliance, and other vital life skills.



Well-Being BC

WHY CHORES?

1. Learn skills they can use in their adult lives.
2. Deepen relationship skills (**Communication and Collaboration**).
3. Increase a feeling of competency, responsibility, and purpose.
4. Helps the family work together better. (**Social Responsibility**)



TEACHING CHORES

Children need to be taught how to do specific chores. Start by showing them how to do chores and teaching them how you want it done. For more complex chores it may be helpful to write out the steps to create a reference chart, then take a picture of what it looks like when completed. The steps chart may be laminated so that each step can be checked off with a white board marker.

Household Responsibilities By Age



TODDLER TO 4 YEARS OLD

1. Use a Swiffer (or small mop on floors)
2. Comb or brush pets (gently with instruction)
3. Pick up toys
4. Assist with making the bed
5. Wipe down baseboards
6. Help feed pets
7. Put clean clothing away
8. Dust low surfaces
9. Help water plants
10. Help set the table for meals
11. Help cook meals
12. Clear the table
13. Help put away groceries
14. Put away clean utensils
15. Wash plastic dishes with supervision
16. Match socks
17. Gather dirty clothes and take to laundry room
18. Fold washcloths

Household Responsibilities By Age



5 TO 10 YEARS OLD

1. Vacuum
2. Start laundry
3. Swap laundry from washer to dryer
4. Clean toilets
5. Sweep and mop floors
6. Load/unload the dishwasher
7. Help clean the refrigerator
8. Sort garbage and recycling
9. Collect and take out the garbage and recycling
10. Clean windows & mirrors
11. Fold laundry
12. Water plants or garden
13. Weed garden
14. Rake leaves
15. Wipe down cabinets
16. Assist with food prep (chop, mix, watch as needed and able)
17. Make snacks/breakfast
18. Groom pets
19. Take dog for a walk as needed
20. Scoop litter pans
21. Change bed sheets
22. Get the mail
23. Clean microwave
24. Wipe down stove top (when cooled)
25. Clean kitchen sink



11 TO 14 YEARS OLD

1. Prepare basic meals and baking
2. Put groceries away
3. Feed younger siblings
4. Assist younger siblings with baths
5. Pick clothing for the next day for themselves and younger siblings
6. Assist younger siblings with getting dressed each day
7. Change younger siblings' diapers or help with toddler potty time
8. Wash and dry clothing
9. Wash dishes or load the dishwasher without assistance
10. Clean ceiling fans
11. Help mow the lawn
12. Organize the pantry
13. Clean out the freezer
14. Clean bathrooms
15. Clean and vacuum out the car
16. Sanitize doorknobs, handles, light switches and other commonly touched surfaces
17. Sweeping, mopping and vacuuming
18. Help plant a garden
19. Straighten the living room/family room
20. Dust furniture and pictures



15 TO 18 YEARS OLD

1. Mow the lawn
2. Use the weed whacker, trim hedges and pull weeds
3. Gardening
4. Baking and cooking meals
5. Run errands for parents
6. Make a menu plan
7. Make a grocery list
8. Go shopping for groceries
9. Clean outdoor furniture and grill
10. Babysit younger siblings
11. Help younger siblings with schoolwork
12. Clean out garage
13. Clean the family office
14. Paint or do minor household repairs (change light bulbs, etc.)
15. Help with changing the oil in their car or family car
16. Wash and wax the car
17. Iron clothes
18. Wash outside windows
19. Use power washer to clean outside of the home
20. Groom and care for pets
21. Clean the stove