

# FAMILY CHORES

THE REWARD FOR A FINISHED WEEK IS \_\_\_\_\_

**MON**

---

**TUES**

**WED**

**THURS**

**FRI**

**SAT/SUN**

# FAMILY CHORE TIPS AND HACKS

The more organized you are, the easier the parenting journey. Partner that with a little delegation and you can guarantee yourself some time you can carve out for your business, that side-hustle or just some "me time". Regardless, chores are a great way to keep everyone involved in a running household and to teach good old-fashioned responsibility!

Here are some tips for including your children in everyday chores:

1. **Include Your Child(ren) in the Process.** The more involved they feel in creating the list of chores, the more they will contribute. Yes, you might have to ignore the "eye-rolls" from the older ones; but take heart! Your home will be running like a well-oiled machine in no time!
2. **Put it in Writing.** Everyone has to see the schedule. In fact, put it in multiple places: the kitchen, their rooms, in the laundry room, etc. This helps avoid the, "I didn't know!" excuse. One of my favorite phrases is, "There it is... in black and white!"
3. **Communicate Expectations.** Ask the question, "What does a clean kitchen look like?" Then allow them to answer. "What does a made bed look like?" They'll give an answer. "What does a clean bathroom look like for our family?" Let them answer and own it. Then provide guidance to the answers, write it down, and hold the the family to it. Yes Mom, even you.
4. **Stay consistent.** There are times you may want to skip a day or do the chore for your child; try to avoid this. Remember what you are teaching them in the long run. Chores never hurt anybody... even if your children say they do.
5. **Make Adjustments.** Look, it's not the 10 Commandments. Make it known in your family that you are open for pulse checks. That means your children can come to you anytime and tell you that something is not working, and you can sit down and discuss how to make it work better. Maybe it's switching a day. Maybe it's putting two siblings on a chore to help complete it faster. The key is to keep a functioning home and teach responsibility. This means simple communication. *\*Bonus Tip\** This is especially important for your older ones with the busy schedules. Remember to keep the communication open. If you begin to see any inconsistencies, have a pulse check moment to see how you can help.
6. **Reward It.** You like rewards when you've done a good job, don't you? Well, obviously so do children! In fact, sometimes the simplest of rewards go a long way. See the next page for reward ideas.

**Try this for a month and see how this changes your life and adds more time to your day!**

# FAMILY CHORE IDEAS BY AGE

## AGES 2-3

- Help make their bed
- Pick up toys (with supervision)
- Take their dirty laundry to the laundry basket/room
- Fill a pet's water and food bowls (with supervision)
- Help clean up spills and dirt
- Dust (put socks on their hands and have some fun!)

## AGES 6-8

- Make their bed
- Pick up toys
- Set/clear the table
- Be responsible for a pet's food, water and exercise
- Vacuum individual rooms
- Wet mop individual rooms
- Dust individual rooms
- Fold laundry (with supervision)
- Put their laundry in their drawers and closets
- Put away dishes from the dishwasher
- Help prepare food (with supervision)
- Clean their room when asked
- Empty indoor trash cans

## AGES 13-18

- Change light bulbs
- Change the vacuum bag
- Dust, vacuum, clean bathrooms and do dishes
- Clean mirrors and windows
- Mow the lawn with supervision
- Baby sit
- Prepare an occasional family meal

## AGES 4-5

- Help make their bed
- Pick up toys (with supervision)
- Set/clear the table with supervision
- Help a parent prepare food
- Help a parent carry in the lighter groceries
- Sort colors for the laundry
- Match socks after clothing is washed
- Be responsible for a pet's food and water bowl
- Dust (with supervision)
- Fold towels
- Clean their room (with supervision)
- Clean floors with a dry mop

## AGES 9-12

- Wash dishes
- Wash the family car (with supervision)
- Prepare a few easy meals on their own
- Clean the bathroom
- Rake leaves
- Learn to use the washer and dryer
- Put all laundry away (with supervision)
- Take the trash can to the curb for pick up
- Test smoke alarms once a month (with supervision)

# FAMILY CHORE REWARD IDEAS

- Praise
- Hi-Five
- Read a favorite book
- Candy
- Stay up late an extra 5-15 minutes
- Hot chocolate...or their favorite hot drink (Especially good in Winter)
- Do a puzzle together
- Bonus screen time
- Have a movie night
- Bake some cookies together
- Dinner of your choice
- Camp out in the backyard
- Have a sleepover
- Buy an ice cream
- Surprise scavenger hunt
- Stickers
- Art session
- Make a Dollar Store Treasure Box
- Visit a friend
- Go for a bike ride
- Plan a family day out
- Go to the movies
- Go to the park
- Go swimming
- Visit a museum
- Visit the beach