



Get your kids on board with chores!

It's been said many times, these are crazy times! And with so many of us spending more time than ever at home, our houses are starting to look a little crazy too! Time to get your kids on board with chores!

It's so easy to get caught up in doing everything for your kids, often without even realizing it, usually because it's just easier and quicker to do it yourself. Unfortunately, you aren't doing your kids any favors if you don't encourage and expect them to take ownership in the house they live in - running a household is a team effort, and you are the coach!

By creating consistent expectations for your kids, you are fostering an independence and ability that will serve them well later in life. Plus,

everyone likes to feel like they are contributing - even kids. Providing them with responsibilities that they can master successfully will make them feel great.

How do I get my kids on board with chores??

There are a few tricks that will make doing regular chores a bit more palatable for kids... First and foremost, don't expect perfection. While it's important that they learn to do the chores correctly, if you nag at them or jump in and do it yourself you will just end up undermining them.

Also, heap on the praise! Before, during, and after the chores are completed. Who doesn't love a little praise and tries a little harder as a result?

Being consistent with your expectations will make it harder for kids to flake out and hope someone else will do their work for them.

Create a "chore board" so they can see and know what is expected of them

And finally, it's never too early to start! Even kids as young as 2 or 3 years old can start taking responsibility for picking up their toys and books and putting their dirty clothes in the hamper.

Should I pay or give an allowance to my kids for chores??

Most parenting experts agree you should not. Everyone participates in keeping the house running and kids are no different. They should be pulling their weight because they live in the house too.



On a side note, kids should start receiving an allowance at some point in order to gain an understanding of spending and saving and how money works. However, it shouldn't be tied to responsibilities around the house.

So, bearing all this in mind, all kids develop in different ways and at different times, below is a list of appropriate chores for your kids to do based on age.

Age 2-3:

- Help make the bed
- Tidy up toys when done playing with them
- Put away books on bookshelf
- Put dirty laundry in the laundry basket

Age 4-5:

- Set and clear the table (with assistance)
- Dust
- Help with bringing in and unloading groceries
- Help with meal prep (pouring, stirring)

Age 6-8:

- Taking care of pets (feeding, fresh water, clean cages,)
- Keeping bedrooms tidy
- Taking out the trash
- Making simple breakfasts for themselves

Age 9-13:

- Taking care of their own laundry (wash, dry, fold and put away)
- Loading and unloading the dishwasher/washing and drying dishes
- Sweeping/vacuuming
- Taking care of younger siblings
- Preparing simple meals and snacks
- Making their own school lunches
- Mowing the lawn/gardening tasks
- Walking the dog