

- **Why delegate chores to your children?** It is important to delegate chores to your children so that you have help at home and so that they can learn to take care of themselves. Contributing to the family in this fashion will teach your children self-discipline, enhance their self-esteem and build a sense of pride through achievement. Please remember that chores are not meant to be a punishment and we don't want our children to view them as such.

- **Should you pay for chores?** We believe that the work children do in the home should be classified in two groups, chores and jobs. Each family member should contribute to taking care of his person and to the household duties on a regular basis without pay. We call these tasks chores. Children will learn that adults do a lot of things in life without pay and that their contribution to the home is expected. Chores should include daily and weekly tasks with emphasis on taking care of oneself and one's things. Jobs, on the other hand, are different. Children need to learn how to seek employment, negotiate wages, have an opportunity to earn pocket money and learn to manage money. What better place to learn these skills than at home? Jobs at home can include any tasks not already delegated as chores, along with seasonal and project tasks. You can assign dollar values to jobs and let your children choose their work, or better yet, you can teach your children initiative and job hunting skills by letting them look for work around the house that needs to be done and, if it will be helpful to you, you can pay them for it.

- **Start early.** It comes very naturally for children to want to help out at a young age and we must not discourage it. Even a two-year-old can put napkins on the table for dinner, but if you have never asked your 14-year-old to do chores, trying to get her to put napkins on the table will be an ordeal.

- **Assign both daily and weekly chores.** Your children's chores should include daily tasks, such as putting away their things as they use them and setting the table. Save weekends for the bigger jobs such as cleaning their rooms and other rooms in the house.

- **Start by having the children take care of themselves.** When assigning chores to your children, start with those that involve taking care of his or her own self. Like anything in life, we must learn to be independent before we can become interdependent, and it is much easier for children to do things for themselves than for others.

- **Coach your children through their chores.** It may seem time-consuming at first, but every time a child takes on a new chore he needs to be trained and supervised before he can undertake it alone. Make your expectations clear and take the time to show your child the way you would like things done and the way it should look when it is finished. You may have to stay with your child two or three times before he gets it right and can do it on his own, but the time you spend coaching him will be time well spent.
- **Be generous with your praise.** Your children are not going to be able to complete their chores the way you would for quite some time. Do not complain about their efforts. Be patient and praise your child often for their contributions.
- **Homework comes first.** Make sure your child takes care of his or her schoolwork before all other chores. Most children do best by taking care of their homework right after school. A snack, a chat and then into the homework helps set the pace for the rest of the evening. It clears the way for family discussion at dinner and a relaxing evening that eases into bedtime.
- **Rotate your children's chores.** Rotating your children's chores will go a long way to avoiding the boredom and complacency that can occur if children have to do the same thing over and over again. Record the children's schedule on your [Family Organizer](#) or other spot on your communications board.
- **Delegate your family chores.** Take a minute to delegate some household chores. Remember: What you don't delegate, you will end up doing yourself.

■ **Age Appropriate Chores.** You can not expect your toddler to have the same tasks as your teenager. We have divided a typical list of household chores into age appropriate chores. Increase your child's responsibilities as they grow.

Pre-Schoolers

- Brush hair and teeth
- Wash face
- Get dressed, put pajamas away
- Make bed
- Put away toys, books, things.
- Put clothes in hamper
- Set/clear table
- Water plants
- Check toilet paper
- Help dust
- Wipe up messes

Five year Old (add on)

- Dust furniture
- Feed Pet
- Clean up after pet
- Help put away groceries
- Put away own things
- Straighten drawers

Seven Year Old (add on)

- Dry dishes
- Empty/fill dishwasher
- Empty garbage
- Fold and put away laundry
- Help make lunches
- Sweep the floor
- Do homework
- Practice musical instrument

Eight Year Old (add on)

- Put away clean clothes
- Wash dishes
- Wipe kitchen surfaces
- Clean mirrors
- Clean tv and computer screens
- Take out trash/recycling
- Exercise pets
- Water lawn
- Help Unpack groceries

Ten Year Old (add on)

- Vacuum rugs
- Vacuum furniture
- Help plan menus
- Prepare grocery list
- Help prepare simple meals
- Clean the bathroom
- Rake leaves/shovel snow

Twelve Year Old (add on)

- Change sheets
- Operate the washer and dryer
- Replace light bulbs.
- Wash windows
- Clean out refrigerator
- Prepare meals

- **Chore Charts.** Dress up our free printable chore chart with stickers from the dollar store or if you prefer, use More Time Moms [Chore Charts](#) to help your children learn responsibility with daily star and weekly reward stickers.

- **How to use More Time Moms chore charts.** These charts are designed to teach children the importance of work and following through with their responsibilities. It helps when each family member shares in the work in the family home. Your home life will become more organized, less cluttered and you will have more time to spend on things that you all want to do.
 1. At the beginning of each week, fill out the chart with your child. Include chores and behaviours that the child may be working on. Ex. Sharing with my little brother.

 2. Cross off the days of the week for the corresponding weekly chores, For example, If you want them to clean their room on Fridays, for the line clean your room, all the boxes except Friday should have an X, so that you know that this is not a daily chore, but a weekly chore that must be completed on Friday. If Sunday is a day off of all the chores, the column Sunday should have an X in all the boxes.

 3. As your child completes the chore, (s)he can check off the box or put a sticker in the box to show that the chore has been completed.

 4. At the end of the week, you can add a reward sticker for all the rows that have been completed. Then, tally up the reward stickers.

- **Incentives and Rewards.** Children enjoy working towards a goal or reward. However, incentives and rewards should not be used all the time. They can be used occasionally to keep things interesting and fun. We like rewards and incentives that favor quality time over consumer goods or money. Some ideas include: a special note for a job well done, a cupcake, a certificate for mastering a difficult task, a trip to the library or swimming pool, time alone with Mom or Dad. For my three boys, time on the computer or video games is a big motivator. So every day that all of their chores are completed before dinner, they can earn game time on the weekend. Each child will be motivated differently-find what works for them and then do it. Remember to keep incentives simple and fun so that they don't turn into bribes.

My chore chart

NAME _____



Caring for myself

S M T W T F S

Cleaning my room

S M T W T F S

Doing chores at home

S M T W T F S

Other things I need to do

S M T W T F S

