

## Winning the Chore War

How many times do I have to remind you to take out the trash? Does this sound familiar? Household chores are part of every family's daily life; even children as young as two years old can help out around the house. Yet they tend to create conflicts. Here are some pointers for making the process easier for everyone.

- **HAVE A PLAN**
  - ❖ Have routine chores at regular times
  - ❖ If there is more than one child, rotate the chores.
  - ❖ A poster, chart, or job board can help kids stay focused.
- **TRAIN & ENCOURAGE**

Use a four step process with any new chores.

  - ❖ You do the job, narrating as you work, while the child watches.
  - ❖ Do the job together.
  - ❖ The child does the job while you are watching.
  - ❖ Let the child do it on their own.
- **FOLLOW THROUGH**
  - ❖ Do not allow excuses or delays.
  - ❖ If child fights the routine, establish a consequence for failure to complete chores without anger or threats.
- **WHO DOES WHAT?**

### Ages 2-3

Put away toys  
Help set table

### Ages 4-5

Get the mail  
Help with yard work  
Feed pets

### Ages 6-7

Clean table after meals  
Pour own drink and get snacks  
Empty wastebaskets

### Ages 8-9

Sweep or mop floor  
Load and run dishwasher

### Ages 10-11

Help prepare dinner  
Mow lawn  
Clean kitchen

### Ages 12-14

Grocery shop (small list)  
Prepare a dinner meal  
Clean bathrooms

  
Families are Magic

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