STEPS FOR LIVING
Education for all life stages.

Chore Time - Keeping Your Child on Task

Here are some tips to help make chores successful in your household:

- **Make the chore a fun and positive experience.**
- **Emphasize how helpful your child is.**
  - Offer praise, even before a chore is completed.
- **Provide plenty of time for deadlines. Deadlines should be realistic.**
  - Children shouldn't feel overwhelmed with their tasks. At the same time, they should be reminded that the household runs more smoothly if everyone is working together.
  - Here are some examples:
  - You can't serve dinner if the table is not set.
  - Before you can do the laundry, the clothes must be sorted.
- **Be consistent.** Expect chores to be done on a regular basis.
  - Refrain from doing the chore if your child forgets or refuses.
- **Make expectations attainable.** Don't assign too many chores.
  - Tracking too many tasks will make it difficult for both you and your child. Start with one or two and see how it goes!
- **Explain the chore simply and completely.** Whatever the task, be patient as your child learns.
  - Demonstrate the chore step by step. Then ask your child to help. Eventually, they should be able to do the chore on their own.
  - For younger kids, this may be explaining how to set the table.
  - As children get older, you can explain how the washer/dryer or lawn mower works.
- **Don't expect perfection.** Focus on the fact that your child is being helpful and contributing to the household.
  - Do not redo chores if they're imperfect. Be thankful that your child made the effort.
- **Try using a chore chart.** Chore charts can help teach your child to work towards a goal. It also gives them ownership over their tasks.
  - Use tasks that are easy to track.
  - Use simple rewards. Your child might easily be satisfied with the chart itself and tracking chores by using fun stickers. As your son or daughter gets older, you might consider an allowance. Another idea is rewarding your child with extra video game time or a special outing.
  - Keep your point system simple. If your child is young, make your system easy for them to understand.
  - Younger children need immediate gratification and shorter time periods before earning awards.
  - Older children can be included in the process of deciding on tasks and may receive reasonable rewards for completing them.