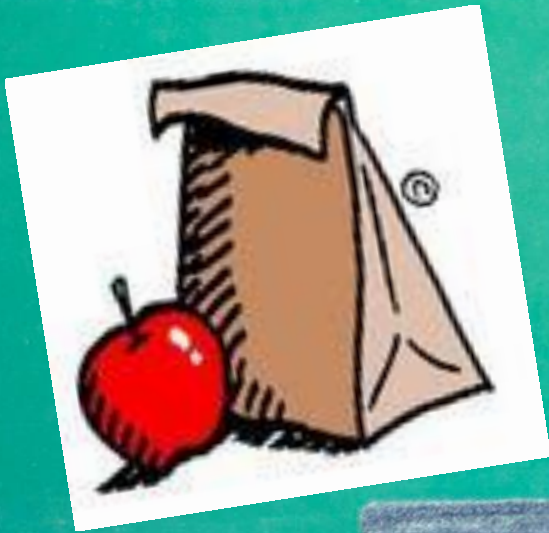


Lunch and Learn with the Counselors:

Session 2 - The Importance of Chores and Responsibilities



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A PARENT'S PRAYER

THANK YOU FOR MY CHILDREN, LORD; I KNOW THEY ARE A GIFT FROM YOU. I NEED YOUR STRENGTH AND WISDOM DAILY TO TRAIN THEM IN THE WAY THEY SHOULD GO. GIVE ME PATIENCE AND A JOYFUL HEART; LET ME BE AN EXAMPLE OF YOUR LOVE AND FORGIVENESS. THANK YOU, FATHER, FOR THE HONOR OF BEING A PARENT. AMEN.



**“The greatest gifts you can give your children
are the roots of responsibility and the wings of
independence.”**

- Denis Waitley



What are some responsibilities/chores that your child has at home?

(See handout)



Think...Pair...Share...

- What chores do you want completed in your home?
- Are the ones already selected the best fit for each of your children and ones that are the most meaningful to the running of your household?
- Are there life skills that a particular child needs to learn?
- Are you happy with your decision to tie/not tie allowance to chore completion?



Responsibility

- An assigned task or duty- Taking the garbage out to the curb is Joe's responsibility.

OR

- Accountability for one's behavior-I accept responsibility for forgetting to take the garbage to the curb.



“Allowance:”

- “Everybody Hates Chris”

<http://viewpure.com/VbANUlagvcw?start=0&end=0>

- Disclaimer... 😊

When your kids say “You never buy me anything”



To Pay or Not to Pay?

- Chores teach responsibility, self-discipline, time management as well as many other skills.
- An allowance helps children learn to manage money.
- An allowance **should not** be used to make a child **do** chores, nor suddenly withdrawn to punish for inappropriate behavior. Using money as leverage teaches how to use money as a tool to manipulate people.
- Basically completing chores is nonnegotiable, but giving an allowance is a personal preference.



Why Are Chores Important?

****The size of the task does not matter; it is the responsibility associated with it that does.****



Why Chores...

- Supports our ultimate purpose.
- Strengthens feelings of acceptance and security.
- Enables feelings of accomplishment.
- Enhances the development of a functional work ethic
- Prepares children for good citizenship.
- Bonds children to their parents' values.



Why Chores Continued...

- Children should be contributing members of their families.
- It helps them develop the skills for running a home and enables them to become independent.
- It enables them to develop a sense of significance in the family.
- Chores finished responsibly contribute to self-esteem.
- It enables them to develop a contributor's mentality, a sense of initiative.



The Right Approach:

- **Steps for implementing:**
 - Be supportive not directive.
 - Provide a schedule or a time frame.
 - Don't take penalties away for lack of performance.
- **A matter of opinion:**
 - Don't alternate chores between children.



To Start This Plan:

1. Consult with children: identify work, set standards, be involved & evaluate completed job.
2. Proceed gradually, allow open discussion, determine how child can be contributing member of family.
3. Allow choices:
 - Doing nothing is NOT acceptable.
 - Follow through with choices or accept consequences.
4. Allow logical consequences for uncompleted jobs.



To Start This Plan:

5. Set appropriate time limits.
 - Ask for child's input, more likely to meet them.
6. Use common sense for number of tasks expected per child.
7. Have reasonable standards, what is "clean" to a child might look different from your expectations.
8. Probably most difficult: never do for the child what he can do for himself.
9. Get creative!



Index Card Method:

- List all chores in the housekeeping schedule.
- List materials and steps involved for each chores on separate index card.
- Divide into piles for each child.
- Organize schedule on a 7 day calendar which is posted on the refrigerator.



Appropriate Chores For All Ages:

- The lists in the next couple of slides are CUMULATIVE.
- Children get older and should maintain past responsibilities & assume new ones.
- Tasks become their personal responsibility that we should no longer do for them.
- Tasks that help the whole family may be rotated, or a choice of chores may be given. (personal preference)
- Also always take into account your child's specific abilities and maturity level when assigning chores.



Home Responsibilities For Ages 3-4:

- Putting groceries away.
- Help with grocery list and shopping.
- Clean up after playing.
- Follow a schedule to feed pets.
- Make own bed (keep linens simple).
- Helps load dishwasher and wash dishes.
- Dust furniture.
- Share toys with friends.
- Getting the mail.
- Tell parent his whereabouts before going out to play.
- Should be able to play without constant adult supervision.



Home Responsibilities For Ages 5-6:

- All of the above with increasing challenge.
- Help with grocery shopping.
- Set the table.
- Involved in more challenging preparation of food, including baking and cooking, with assistance.
- Make bed and straighten room.
- Choose clothing the night before, dresses self, tie shoes, etc.
- Attends to personal hygiene.
- Fold clothes and puts them away.
- Answer the phone properly.
- Yard work and gardening.
- Feed pets and clean their living area.
- Assist in caring for younger sibling.



Home Responsibilities For Ages 7 to 12:

- All of the above with increasing challenge.
 - Help prepare lunch to take to school.
 - Set the table.
 - Involved in more challenging preparation of food, including baking and cooking, with assistance.
 - Make bed and straighten room.
 - Choose clothing the night before, dresses self.
 - Personal hygiene
- Prepare a simple meal independently.
- Care and organize own belongings.
- Increasing thoughtfulness toward others, appropriate manners.
- Beginning money management: saving, giving, spending.
- **Earn money for special jobs**



Home Responsibilities For Teens:

- All of the above with increasing challenge.
 - Taking out trash, doing the dishes, folding the laundry, etc.
 - Making bed, picking out clothes, packing lunch.
 - Taking care of family pet.
- Earn money through jobs such as helping neighbors and babysitting.
- Create and follow own budget, including giving.
- Help with home repair and maintenance.
- Yard work and mowing the lawn.
- Maintain respectful family relationships.
- Take on greater responsibility for his or her own life and choices, gaining independence while maintaining safety and communication with parents.



AGE-APPROPRIATE*

chores for kids

Toddler (ages 2–3)

- Pick up/ put away toys
- Unload the dishwasher (silverware, plastic cups, tupperware)
- Dust with feather duster/microfiber rag
- Swiffer the floor
- Put clothes in the dirty clothes hamper
- Collect dirty clothes
- Help move clothes from washer to dryer
- Put clothes away
- Make bed
- Wipe cabinets
- Wipe baseboards (soapy water)

Preschooler (ages 4–5)

- Any previous chores
- Load the dishwasher
- Vacuum couch/ chairs/ cushions
- Take out recycling
- Set table
- Clear table
- Wash dishes (with supervision)
- Clean windows
- Wipe out bathroom sinks
- Match socks
- Fold dish towels
- Weed
- Water indoor plants
- Feed pets

Early Elementary (ages 6–8)

- Any previous chores
- Meal prep (wash produce, find ingredients, simple cutting)
- Wipe bathroom sinks, counters, toilets
- Hang out laundry
- Sweep
- Vacuum
- Collect garbage
- Get mail
- Fold/hang laundry
- Clean microwave
- Rake leaves

Elementary (ages 9–11)

- Any previous chores
- Make simple meals
- Take garbage/ recycling to the curb
- Wash/ dry clothes
- Clean toilets
- Mop floors

Middle School (ages 12–14)

- Any previous chores
- Clean tub/ shower
- Make full meals/ meal plan
- Clean out fridge/ freezer
- Mow yard
- Supervise younger children's chores

* You should take into account your child's specific abilities and maturity level when assigning chores. This is a list of possible chores that most children in each age group are able to do. You can select the number of chores that you feel is appropriate for your child.

<http://thehappyhousewife.com/home-management/age-appropriate-chores-for-kids-printable/>

Chores By Age

2 - 3 Years Old

-  Make bed
-  Take clothes to laundry room
-  Put away laundry
-  Pick up toys
-  Dust furniture
-  Feed pets
-  Put clothes in dryer
-  Match socks
-  Clear place after meals

4 - 5 Years Old

-  Set the table
-  Clear the table
-  Help cook dinner
-  Carry and put away groceries
-  Water plants
-  Take sheets off bed
-  Sort laundry
-  Pull weeds
-  Make a small snack
-  Fold towels

6 - 9 Years Old

-  Vacuum
-  Fold laundry
-  Put away laundry
-  Sweep the floor
-  Clean counters
-  Empty dishwasher
-  Help cook (wash produce, find ingredients, simple cutting)
-  Get mail
-  Rake Leaves

10 - 15 Years Old

-  Do laundry
-  Mow the lawn
-  Wash the car
-  Cook a meal
-  Wash dishes
-  Clean the bathroom
-  Take out trash
-  Mop the floor
-  Supervise younger siblings
-  Load Dishwasher

Age Appropriate Chores

2-3
years old

- *Pick up toys
- *Water plants
- *Brush Teeth
- *Put Clothes in Hamper

4-5
years old

- *All previous Chores
- *Dust
- *Set Table
- *Make Bed
- *Help Fold and Sort Laundry
- *Clean Up Bedroom

6-7
years old

- *All Previous Chores
- *Vacuum
- *Help pack lunch
- *Unload the dishwasher
- *Weed the garden
- *Clean Bathroom Sink
- *Rake Leaves
- *Garden

8-9
years old

- *All Previous Chores
- *Load Dishwasher
- *Walk a pet
- *Help Cook Meals
- *Take Garbage Out
- *Put away Groceries

10-12
years old

- *All Previous Chores
- *Mop Floors
- *Wash Car
- *Clean Toilets
- *Cook a Simple Meal
- *Iron

13+

- *All Previous Chores
- *Mow Lawn
- *Baby-sit
- *Clean Shower
- *Wash and Dry Clothes
- *Make Full Meal

In Conclusion:

- Short term...kids will probably not thank you for being assigned chores.
- Long term....the goal is not necessarily to make your children happy; but instead to teach them life skills and a sense of responsibility that will last a lifetime.
- *Kids are free to disagree but not to disobey!*



A John Rosemond Example:

- My wife and I told our two kids, "To make things perfectly clear, what you call your rooms are rooms in our home that we are loaning you. You will keep said spaces neat and clean. How neat and clean? Just look around you. If your room is not neat and clean, one of us will clean and straighten when you aren't home. In the process, we will open every drawer and throw out anything we think is unnecessary." It took one such cleaning per child to get them on board with the plan.



**Now take this time to reflect on what has been
discussed:**

**Complete the chores chart for your own family
that is provided.**



Resources:

- Rosemond, John K. *The New Six-point Plan for Raising Happy, Healthy Children*. Kansas City, MO: Andrews McMeel Pub., 2006. Print.
- <http://www.webmd.com/parenting/features/chores-for-children#1>
- <http://www.learningtogethereducation.org/blog/2013/04/08/Home-Responsibilities-for-Children.aspx>
- <http://centerforparentingeducation.org/library-of-articles/responsibility-and-chores/part-i-benefits-of-chores/>

