



Age-Appropriate Chores

There is no doubt that we all need to complete tasks around the home that, well, just need to be done. The best attitude to have regarding these, is a positive and accepting attitude. Promoting a team approach, 'we get the things that need to be done...done, so we can have some fun!' is one we love to promote at Wiseworx.

All families, individuals and children are different, so pick and choose and we hope they offer some helpful guidelines. Be mindful that not all children will be able to do the same chores at the same age. Let the children follow their skills and interests as much as possible. We found offering a list of tasks and having everyone choose was the most effective distribution as they got older and uncovered a keenness for some jobs that you would never know otherwise. To this day our son, still loves vacuuming!

Give them feedback along the way to help their learning and to be encouraging. Playing music really adds a fun element to chore times. For young children their "helping out" may be more time consuming and more work for you. It is so worth the extra time spent, as you are laying the foundation for children to experience "feeling good by helping" and an understanding that family members work together to help their household run smoothly. Trying to add chores in, once they are older, as some attempt, is significantly more challenging than getting them involved sooner.

9 – 24 months

- Clean table and counter surfaces with adult (give child a small towel & water spray bottle).
- Clean yard (collect rubbish and toys, sweep with child size broom etc.).
- Do single tasks ("Bring the nappy, please", "Throw this in the bin, please," etc.).
- Help make beds - (begins with handing the pillows to adult).
- Help with grocery shopping (putting items in basket and on check-out counter, handing things to be put away at home).
- Put dirty clothes in laundry basket.
- Water plants (with child sized watering can).

2 years and up

- Carry groceries in from car (give child one light item or a small bag).
- Clean up what they drop after eating.
- Clear own dishes from table and put in sink if plastic.
- Do simple single tasks ("Take this towel and put it in the laundry basket", etc.).
- Dust with socks on their hands, this is fun.
- Fill pet's food dish.



Age-Appropriate Chores

2 years and up (continued)

- Hang clothes on hooks.
- Help make the bed (pull covers up).
- Help clean up the family room.
- Mop a small area.
- Pour from a small jug.
- Put books in bookshelf.
- Put clothes in laundry basket.
- Put toys away.
- Sort laundry (hand child clothes to put in appropriate piles).
- Water plants.
- Wipe spills

3 years and up

- Carry boxed or canned goods from the grocery bags to the proper cupboard.
- Get a bowl of cereal.
- Get the mail.
- Help clean out & wash the car.
- Help set the table (put utensils, cups, placemats and napkins on the table).
- Help with meal preparations (learn to measure, stir and use small appliances).
- Make thank you and birthday cards.
- Clean up bedroom.
- Put away clean utensils.
- Put dirty clothes in laundry basket.
- Put shoes away.
- Sort socks and fold socks.
- Undress and dress self with some help.
- Wash and dry hands and face



Age-Appropriate Chores

4 years and up

- Brush hair.
- Clean table after meals.
- Dust the furniture.
- Feed the pets at scheduled times.
- Fold laundry and put it away.
- Help do the dishes (rinse items or put dishes in the dishwasher).
- Help with grocery shopping and suggesting items needed for the grocery list.
- Make own bed.
- Place cups, napkins, plates, and cutlery on the table.
- Sharpen pencils.
- Sort laundry with supervision.
- Take dirty items to laundry
- Vacuum/sweep/mop.
- Tidy bedroom/clear toys away.

5 years and up

- Choose clothes and get dressed/undressed.
- Help set the table (put cups, utensils, napkins, plates and any condiments needed on the table).
- Help sweep or rake outside
- Help with more difficult meal preparations (make frozen juice, crack and scramble eggs, cut with blunt knife).
- Help with younger siblings (bottle feeding, entertain while mom is out of the room, feed/dress toddler siblings).
- Learn to tie shoes.
- Make bed and clean room.



Age-Appropriate Chores

5 years and up (continued)

- Make own sandwich or simple breakfast and clean up.
- Pour own drink.
- Take out the garbage.
- Water the garden and lawn.

Age 6 and Up

- Carry in the grocery bags.
- Clean bathrooms (bathtub, sink and counters).
- Clean out inside of car.
- Hang and fold laundry.
- Hang up own clothes in the wardrobe.
- Help make breakfast and lunch and dinner.
- Leave the bathroom in order.
- Oil and care for bike.
- Pour own drinks.
- Prepare simple foods (sandwiches, salad, peel vegetables).
- Pull weeds & rake leaves.
- Sweep patio/deck area.
- Take care of pets.
- Tie own shoes.
- Train pets.
- Use the washer and dryer (sort, measure detergent, fold clean clothes and put away.)
- Vacuum, sweep and mop.
- Wash dog or cat.

8 - 10 years

How exciting, you have laid all the foundations and children are generally happy and keen to help and see the satisfaction in tidying and cleaning by now. Rewards and consequences are easily seen & understood by now. At this pre-teen age children are capable of taking on more of the home tasks



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and are looking for independence and approval. Give them tasks they can do on their own. You should also address any rewards and consequences of completing and not completing the tasks as this is excellent training. At Wiseworx we have many encouraging hints and tips for parents who need more advice in this area and some wonderful practical ideas to 'get the jobs done'.

8 - 10 years (continued)

- Pass on school notes, and phone messages of importance.
- Carry own lunch money and notes back to school.
- Change sheets and put dirty sheets in laundry basket.
- Clean outdoor furniture.
- Clean up animal "messes" in the yard and house.
- Complete responsibility for their rooms on a daily basis (make bed, put clothes, toys and projects away and straighten drawers and cupboard)
- Cut flowers and make a centrepiece.
- Do chores without a reminder.
- Do more difficult cleaning projects (scrubbing kitchen floor, windows)
- Do neighbourhood chores.
- Do simple ironing.
- Empty garbage bins in house.
- Feed baby.
- Fold blankets.
- Gather wood for the fireplace.
- Get items ready for BBQ
- Get own snacks
- Handle small sums of money.
- Help others with their work when asked.
- Help rearrange furniture. Help plan the layout.
- Help with car maintenance (help with minor repairs, learn tool usage, wash/wax).
- Help with cleaning/sorting the fridge, linen cupboard or pantry.
- Learn financial planning (computing percentages for saving, gift-giving and spending)



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- Learn the purpose and usage of tools (lawn mower, hand tools, etc.)
- Make more complex meals/snacks (pour and make tea, coffee, start meal planning).
- Pack own suitcase.
- Paint fence or shelves.
- Participate in hobbies (organize supplies, time and clean up).
- Pick fruit off trees.
- Plan own birthday.
- Prepare own school lunch.
- Put away groceries
- Receive and answer own mail/thank you notes and cards
- Run own bathwater.
- Sew buttons and sew rips in seams.
- Simple first aid.
- Take care of younger siblings with parent in house.
- Take pet(s) for walks.
- Wait on guests.
- Wash and dry dishes or load/unload dishwasher.

11 - 12 years

- Build a campfire.
- Check and add oil to car under supervision.
- Clean pool and spa.
- Help build things.
- Join outside organizations, do assignments, and attend.
- Mow lawn with supervision.
- Put siblings to bed and dress them.
- Schedule own time (studies, hobbies, sports).
- Sew, knit, or weave (even using a sewing machine).



Age-Appropriate Chores

Ages 13 and Up

- Anticipate needs of others and initiate the appropriate action.
- Baby-sit neighbourhood kids
- Bake cookies and cakes.
- Buy groceries using a list and learn comparative shopping.
- Change light bulbs.
- Clean out fridge.
- Clean stove and oven.
- Do unsupervised gardening (i.e., lawn mowing, edging, clean-up).
- Do volunteer work.
- Earn income doing chores for neighbours.
- Iron clothes.
- Make grocery lists.
- Mow the lawn.
- Prepare a meal.
- Replace vacuum cleaner bags.
- Wash inside and outside of windows
- Help or plan renovation or makeover