



Age-Appropriate



Chores

15 Page Printable Pack



Suggestions for Age Appropriate Chores for

In Their Room

- Complete responsibility for their rooms on a daily basis (including making beds, vacuuming, dusting, cleaning, etc.)
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The Rest of the House

- Assist in household projects/repairs (painting, etc.)
- Clean the bathroom
- Do chores with less reminders
- Do more difficult cleaning projects (scrubbing, etc.)
- Fold blankets
- Get their own snacks when hungry
- Help rearrange furniture. Give input for rearranging.
- Increased responsibilities for younger siblings (entertaining them for longer periods, etc.)
- Make more complex meals/snacks (e.g., soups, casseroles, etc.)
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Family Chores

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How to Use This Pack:

This pack contains suggestions of age-appropriate chores you may want to consider assigning to your children. Look through the suggestions for each age category and decide which chores you want to assign first.

Then, print the chore chart of your choice, write down the chores you have chosen to start with, and post the chart on your refrigerator or another prominent location in your house where it will serve as a reminder. There are several chore charts to choose from at the end of this pack.





Suggestions for Age Appropriate Chores for 9 months to 2 years old

In Their Room

- Helping to help make beds (begin with handing the pillows)
- Picking up toys and putting in toy box (don't expect them to sort and organize too much at this age)
- Putting dirty clothes in a basket or hamper

The Rest of the House

- Clean table and counter surfaces with adult (give child a small towel and spray bottle filled with water)
- Dust with socks on hands or with microfiber cloth
- Cleaning with mom (give child a microfiber cloth and child-sized broom)
- Do simple errands ("Bring the diaper, please," or "Throw this in the trash, please.")
- Vacuuming with mom (let them hold the vacuum handle while you push or direct the hose if you have a canister vacuum)
- Watering plants (with pre-measured amounts)
- Wiping up small spills and messes with a napkin or washcloth

In the Yard

- Collect trash or toys from yard
- Sweep sidewalk with child-sized broom

Groceries

- Help put items in shopping cart
- Help load items onto the check-out conveyor belt
- Hand you items from shopping bags so that you can put them away





Suggestions for Age Appropriate Chores for 2 to 3 year olds

In Their Room

- Hang clothes on hooks
- Help make their bed (pull covers up)
- Pick up toys and books (beginning to learn how to put items in their proper places)
- Put clothes in hamper
- Pick up bedroom
- Undress and dress self with some help

The Rest of the House

- Brush teeth (may need some assistance)
- Carry groceries in from car (gift child one light item or a small bag)
- Carry boxed or canned goods from grocery sacks to the proper shelf
- Clean up what they drop after eating
- Cleaning up after meals (taking dishes to sink, helping to clean off table)
- Do simple errands ("Please put this towel in the hamper," etc.)
- Dust with socks on their hands or with microfiber cloth
- Empty bathroom trash cans with assistance
- Fill pet's food dish (with pre-measured amount of food)
- Fix bowl of cereal - will need help with the milk
- Help pick up clutter in the living room
- Help set the table (put utensils and napkins on the table)
- Help wipe up messes
- Help with meal preparation (learn to measure, stir, and use small appliances with assistance)
- Help with laundry (sort dirty clothes by color, hand clothes to mom to put in washer, transferring clothes from dryer to basket, folding socks and washcloths)





Suggestions for Age Appropriate Chores for 2 to 3 year olds, cont.

- Mop in areas with help
- Pour from a small pitcher with help
- Put away clean utensils
- Put books and magazines on a shelf
- Put shoes/coat in proper place
- Slightly more complicated errands ("Throw these clothes into the hamper," "Put this dirty cup in the sink," etc.)
- Carry laundry to laundry room
- Wash hands and face
- Water plants

In The Yard

- Bring in the newspaper
- Collect trash or toys from yard
- Sweep sidewalk with child-sized broom
- Get the mail
- Help clean out the car
- Help wash the car

Groceries

- Help put items in shopping cart
- Help load items onto the check-out conveyor belt
- Hand you items from shopping bags so that you can put them away

Beginning Etiquette

- Color pictures to give out as thank-you cards
- Make birthday cards for family members





Suggestions for Age Appropriate Chores for 4 to 5 year olds

In Their Room

- Choose clothes with assistance and get dressed/undressed
- Make bed and clean room
- Pick up toys and put in their proper place
- Put dirty clothes into clothes hamper

The Rest of the House

- Brush hair
- Brush teeth (let them attempt on their own first - you will want to supervise or at least check teeth afterward - especially back teeth)
- Carrying in groceries from car and helping to put them away
- Clean table after meals
- Clear and set table
- Dust the furniture
- Feed pets at scheduled times
- Hang socks, handkerchiefs, and washcloths on a low line (or help to fold them)
- Help do the dishes (rinse items or put dishes in dishwasher)
- Help set the table (put utensils, napkins, plates, glasses, and condiments from the fridge onto the table)
- Help with grocery shopping and compiling a list
- Help with more difficult meal preparation (making frozen juice, cracking, tearing lettuce for salad, scrambling eggs, cutting with a blunt knife)
- Help with younger siblings (bottle feeding, entertaining while mom is out of the room, feeding/dressing toddler siblings)





Suggestions for Age Appropriate Chores for 4 to 5 year olds, cont.

- Help make a simple dessert (add frosting to cupcakes, pour the toppings on ice cream)
- Make their own sandwich or simple breakfast (cereal or toast) and clean up
- Pour their own drink
- Put away clean clothes (children may still struggle with folding "properly" as this is an emerging skill)
- Pick and set out clothes for the next day
- Sharpen pencils
- Take dirty laundry to laundry room and sort with supervision
- Vacuum or sweep floor
- Wash hands (without assistance)

In the Yard

- Help clean out the car
- Help sweep or rake outside
- Wash and help wax the car
- Water the garden and lawn with help

Groceries

- Help put items in shopping cart
- Help load items onto the check-out conveyor belt
- Hand you items from shopping bags so that you can put them away

Beginning Etiquette

- Color pictures to give out as thank-you cards
- Make birthday cards for family members
- Begin talking on phone to grandparents or other family members





Suggestions for Age Appropriate Chores for 6 to 8 year olds

In Their Room

- Clean their room
- Dress on their own and choose outfit for the day
- Hang up own clothes in the closet
- Make bed/change sheets (without assistance)

The Rest of the House

- Care for his own minor injuries
- Carry in the grocery bags
- Clean bathrooms (sink and counters)
- Do simple ironing with supervision
- Fold and put away laundry
- Help hang clothes on the clothesline
- Help make breakfast and lunch
- Increased responsibilities for younger siblings (dressing infants/toddlers, changing diapers, entertaining them for longer periods by reading to them, playing games with them, etc.)
- Wash out the garbage container
- Keep the bathroom tidy
- Make and pour their own drinks, get their own condiments, etc.
- Prepare simple foods (sandwiches, salad, peel vegetables, etc.)
- Shake rugs
- Straighten or clean our silverware drawer
- Take care of pets
- Take out trash
- Train pets
- Use the washer and dryer (sort clothes, measure detergent, fold clean clothes and put them away)





Suggestions for Age Appropriate Chores for 6 to 8 year olds, cont.

- Vacuum, sweep, and mop
- Wash the dishes
- Give the dog a bath
- Water plants and flowers

In the Yard

- Clean out inside of car
- Gather wood for the fireplace or wood stove
- Learn the purpose and begin to use tools (lawn mower, hand tools, etc) to help with home maintenance
- Oil and care for bike
- Pull weeds
- Rake leaves
- Shovel snow
- Sweet patio/deck area or sidewalk
- Take pet for a walk
- Water the lawn

Away from Home

- Carry their own lunch money and notes back and forth from school
- Run errands for parents

Beginning Etiquette

- Write thank-you cards
- Make birthday cards for family members
- Begin talking on phone to grandparents or other family members
- Relay messages to family members
- Learn to text responsibly





Suggestions for Age Appropriate Chores for 9 to 12 year olds

In Their Room

- Complete responsibility for their rooms on a daily basis (make bed, change sheets, pick up dirty clothes, take care of toys and projects, straighten dresser drawers and closet)
- Pack own suitcase (with some reminders of what to include)

The Rest of the House

- Assist in household projects/repairs (painting, etc)
- Clean the bathroom
- Do chores with less reminders
- Do more difficult cleaning projects (scrubbing kitchen floors, windows, etc)
- Fold blankets
- Get their own snacks when hungry
- Help rearrange furniture. Give input for the new layout.
- Increased responsibilities for younger siblings (dressing infants/toddlers, entertaining them for longer periods of time, helping them with school work)
- Make more complex meals/snacks (pour and make tea, coffee, and instant drinks, help with meal planning)
- Operate the washer and dryer independently
- Put away groceries
- Run their own bathwater or take shower without as many reminders
- Sew on buttons
- Take care of younger siblings with a parent in the house
- Wait on guests
- Wash and dry dishes or load/unload dishwasher





Suggestions for Age Appropriate Chores for 9 to 12 year olds, cont.

In the Yard

- Build a campfire
- Check and add oil to car with supervision
- Clean patio furniture
- Clean pool and hot tub
- Clean up animal "messes" in the yard and house
- Pick up clutter in the yard
- Help build things
- Help with car maintenance (minor repairs, tool usage, washing/waxing)
- Learn the purpose and usage of various tools (lawn mower, hand tools, string trimmer, etc.)
- Paint a fence or shelves
- Pick fruit, berries, or ripe veggies from garden
- Rake leaves
- Take pet for walks
- Less supervised yard work (lawn mowing, edging, weeding, clean-up, gardening)

Away from Home

- Cross streets unassisted
- Take on a paper route
- Summer jobs (lawn mowing, dog sitting, babysitting, neighborhood chores, odd jobs for vacationers)

Etiquette

- Write letters or emails
- Begin talking on phone to grandparents or other family members
- Relay messages to family members
- Learn to text responsibly





Suggestions for Age Appropriate Chores for 13 to 18 year olds

In the House

- Able to do all part of the laundry - working toward them doing their own laundry
- Able to bake cookies and cakes
- Change light bulbs
- Clean out refrigerator, microwave, stove top, etc.
- Clean small kitchen appliances
- Iron clothes
- Prepare grocery lists and weekly meal menu
- Empty vacuum container or change bag
- Able to prepare the family meal from start to finish
- Wash the inside and outside of windows

Away from Home

- Buy groceries using a list and learn about comparing prices
- Take on a paper route
- Summer jobs (babysitting, lawn mowing, dog sitting, babysitting, neighborhood chores, odd jobs for vacationers)
- Work an actual part-time job (greenhouses and farmers hire kids who are younger than 16)
- Learn how to drive a car
- Fill car with gas
- Run errands for parents with car
- Begin paying for some of their own expenses





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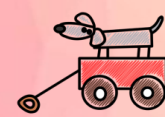




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Family Chores



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Chores



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Chores



TASK	M	T	W	TH	F	S	S