

## **Ages and Stages for Chores and Life Skills**

*What chores are important for your children to learn, and what are they capable of doing?*

*If you are hesitant to begin putting your kids to work [CLICK HERE](#)...this will cover why chores are critical for children to do.*

### **CHORE OR LIFE SKILL?**

First, recognize the difference between a **chore** (an ongoing task that benefits the household) and a **life skill** (an activity that children should know how to do before living on their own, such as tying their shoe, counting change, or managing a checking account).

All chores and life skills from the previous age can be transferred if they were not covered.

### **Every Child Every Family is different**

Second, remember that every child matures at a different pace. Adjust this chart to what you know about your children's skills and talents, and realize that no child should do all of the chores listed below every day.

With those two qualifiers in mind, [CLICK HERE](#) for the personal and family chores and life skills list. This list is only meant as a guide and reflects the types of chores that many children in these age ranges are capable of completing.

### **Remember, you want to equip your children for life!**

Don't think you are doing your child any service by waiting to give them responsibilities.

For my children, I printed a list for each of my children's ages and I had them highlight the areas that they were already doing well. I also wrote in the things that we had not done from the younger list. [Click Here](#) for a sample. This is a great opportunity to show them how to grow into their responsibilities as well as keep me on track for where each child is. .

Summer is a great time to encourage responsibility and taking initiative! Let me know if this list is helpful for you.

## ***Ages 2-3***

### Personal Chores

- Dress and undress self (with clothes laid out for them)
- Grooming: wash face/hands
- Brush: teeth/ comb hair (with assistance)
- Put clothes in hamper
- Pick up playthings (with supervision)
- Put away PJS
- Assist parent with most chores

### Family Chores

- Fold washcloths or simple item
- Fill a pet's water and food bowl (with supervision)
- Help a parent clean up spills and dirt
- Help dust
- Stack books on shelf
- Throw trash away
- Fold washcloths
- Set the table
- Fetch diapers & wipes
- Dust baseboards

### To Learn

- Speak to adults properly
- Learn to use silverware correctly
- Hold a fork correctly
- Begin the habit of writing thank you cards for gifts

## ***Ages 4-5***

\* This age can be trained to use a family chore chart

### Personal Chores

### Family Chores

### To Learn

<ul style="list-style-type: none"><li>• Put away clean clothes</li><li>• Bring clothes to laundry area</li><li>• Bring their things from the car to the house</li><li>• Wipe up spills</li><li>• Put away toys</li><li>• Make the bed</li><li>• Straighten bedroom</li></ul>	<ul style="list-style-type: none"><li>• Feed pets</li><li>• Water houseplants</li><li>• Sort clean silverware</li><li>• Prepare simple snacks</li><li>• Use hand-held vacuum</li><li>• Clear kitchen table</li><li>• Empty trash baskets</li><li>• Pick up trash in yard</li><li>• Do simple dusting in low places</li><li>• Do simple cleaning chores (wipe sink, spot clean walls, wipe baseboards and windowsills, sweep porch, shake rugs, etc.)</li><li>• Set the table</li><li>• Load dishwasher (with guidance) or dry dishes</li><li>• Help clear the table and wipe table (and chair seats) after meals</li><li>• Help a parent carry in the lighter groceries/help unload cart to cashier</li><li>• Match socks in the laundry</li><li>• Sweep/help with dustpan</li></ul>	<ul style="list-style-type: none"><li>• Answering the phone with parental assistance</li><li>• Learn to make emergency phone calls</li><li>• Learn address and phone numbers</li><li>• Learn to answer phone properly</li><li>• Learn monetary denominations</li><li>• Learn to hold a pencil correctly</li><li>• Learn spending, saving, giving principles</li><li>• Learn to use the toothpaste correctly</li><li>• Learn to tie their shoe</li></ul>
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## ***Ages 6-7***

\*This age can be supervised to use a family chore chart

### Personal Chores

- Make bed everyday
- Choose the day's outfit and get dressed
- Grooming: clean fingernails. wash/dry own hair
- Clean combs and brushes
- Match clean socks
- Weed garden
- Rake leaves
- Peel potatoes or carrots
- Pour cereal
- Wipe off table
- Bring in items from the car

### Family Chores

- Fill water cups
- Unload dishwasher
- Straighten and wipe the bathroom after use
- Be responsible for a pet's food, water and exercise
- Vacuum
- Mop Floors
- Dusting
- Fold laundry with supervision
- Put their laundry in their drawers and closets
- Wash and dry dishes
- Sweep and use dustpan
- Keep drawers and closet tidy
- Put away groceries
- Empty indoor trash cans
- Water plants
- Answer the phone with supervision
- Clean bathrooms with supervision
- Replace toilet paper roll

### To Learn

- Simple cooking
  - Jell-O
  - Measure food properly
  - Mixing
  - Cut up hard boiled eggs with table knife
  - Make a sandwich
  - Bake cookies
- Learn to use washer and dryer
- Learn to clean lint trap
- Put batteries in correctly

## **Age 8-9**

### Personal Chores

- Take care of personal clothes
- Take care of personal hygiene
- Keep bedroom clean
- Wash and put all laundry away (fold neatly, hang clean clothes)
- Change bed linens
- Be responsible for homework
- Be responsible for belongings
- Wake up using alarm clock
- Organize cabinets and closets

### Family Chores

- Wash dishes
- Read a recipe
- Select and fix fresh fruits/veggies
- Clean the bathroom
- Wash windows
- Mow the lawn
- Vacuum
- Clean countertops
- Take the trash can to the curb for pick up
- Lawn duties-water lawn/weed flowerbeds and/or garden
- Walk dogs

### To Learn

- Learn to count change and make change
- Learn simple hand sewing
- Learn to read simple ingredient labels and understand medicine label/safety
- Learn emergency/first aid procedures
- Learn to plan a family dinner

## ***Age 10-11***

\*This age benefits from using a family chore chart

### Personal Chores

- Keep bedroom clean
- Be responsible for homework
- Be responsible for belongings
- Write thank you notes for gifts on their own
- Wake up using alarm clock

### Family Chores

- Make simple meals- to more complex
- Help plan meals
- Select and fix fresh fruits/veggies
- Help with grocery list
- Clean the bathroom
- Use basic spot removal
- Wash windows
- Mow the lawn
- Clean countertops
- Take the trash can to the curb for pick up
- Lawn duties-water lawn/weed flowerbeds and/or garden
- Care for own bikes and outdoor toys
- Wash car
- Trim trees
- Bag leaves from raking

### To Learn

- Learn emergency/first aid procedures
- Iron clothes
- Learn about taxes on purchases

## ***Ages 12 and up***

### Personal Chores

- Take care of personal hygiene, belongings and homework
- Keep their rooms tidy and do biannual deep cleaning

### Family Chores

- Change light bulbs
- Change the vacuum bag
- Dust, vacuum, clean bathrooms and do dishes
- Clean mirrors
- Mow the lawn, trim hedges
- Baby sit (in most states)
- Prepare an occasional family meal
- Trim hedges
- Paint walls
- Shop for groceries with list
- Bake bread or pie Do assigned housework without prompting
- Do yard work as needed
- Baby sit
- Prepare food- from making a grocery list and buying the items (with supervision) to serving a meal - occasionally
- Wash windows with supervision
- Iron clothes

## **Ages 16-18**

### Family Chores

- Responsible for maintaining care
- Do simple house repairs
- Responsible to earn spending money
- Responsible for purchasing their own clothes
- Responsible for maintaining any car they drive (e.g., gas, oil changes, tires pressure, etc.)

- Do housework as needed
- Do yard work as needed
- Prepare family meals-from grocery list to serving it- as needed
- Deep cleaning of household appliances, such as defrosting the freezer, as needed