

Age group	Appropriate chores	Duration
<p>Chores for toddlers (2-3 years old)</p> <p>The smallest humans need the most supervision and help with their chores. This is when kids are enthralled with the idea of helping, so it's a wonderful time to start building good habits.</p>	<ul style="list-style-type: none"> • Picking up toys and books • Wiping down play tables • Helping make the bed • Putting laundry in the hamper 	<p>Up to 10 minutes a day doing chores</p>
<p>Chores for preschoolers (4-5 years old)</p> <p>This is the sweet spot where the desire to help is still there, and kids' coordination and motor skills are improving. At this stage, kids can complete some chores without supervision and may also be able to remember directions with two or three steps.</p>	<ul style="list-style-type: none"> • Helping to set, clear, and clean off the table • Using a small container to water plants • Washing small dishes at the sink • Pulling garden weeds 	<p>Up to 10 minutes a day doing chores</p>
<p>Chores for younger grade schoolers (6-7 years old)</p> <p>In first and second grade, kids can take on more responsibility and complete more difficult tasks. This is also a time when some kids, depending on their personality, become more independent and may push back on completing chores. Try to stay consistent and patient during this time.</p>	<ul style="list-style-type: none"> • Vacuuming and sweeping • Folding and putting away laundry • Emptying and loading the dishwasher • Making their own snacks and lunches 	<p>Up to 10 minutes a day doing chores</p>
<p>Chores for older grade schoolers (8-9 years old)</p> <p>In third and fourth grade, kids are well on their way to taking on more advanced tasks. Similar to younger grade schoolers, they may push back, but it's important to stick to a structure so you can create a strong routine.</p>	<ul style="list-style-type: none"> • Helping make dinner • Wiping out lunch boxes • Taking a pet for a walk • Taking out the trash • Cleaning animal cages 	<p>Up to 15 minutes a day doing chores</p>
<p>Chores for middle schoolers (10-12 years old)</p> <p>At this age, children can do tasks independently without frequent reminders. Parents should hold children accountable and check they've completed their chores once a day. The goal at this stage is for children to become responsible when no one is watching.</p>	<ul style="list-style-type: none"> • Helping to wash the car • Dusting surfaces throughout a room • Raking leaves • Operating the washer and dryer • Babysitting younger siblings 	<p>Up to 15 minutes a day doing chores</p>
<p>Chores for high school, and beyond (14+ years old)</p> <p>As your child progresses through high school, they'll be able to handle tasks with multiple steps, completely independently. Parenting experts suggest this is the perfect age to start ensuring your teen will be prepared for living on their own.</p>	<ul style="list-style-type: none"> • Cleaning bathrooms, including toilets and showers • Preparing grocery lists • Mowing the lawn • Caring for pets independently (feeding, walking, grooming) 	<p>Up to 30 minutes a day doing chores</p>

_____ 's Chore Chart