



Caring for kids often means taking on the bulk of household chores. But having kids pitch in is not only helpful to you, it also benefits them. Here's how to set healthy expectations, and assign tasks based on age.

Kids who help are kids who thrive

Research shows there are benefits to including chores in a child's routine as early as age 3. It helps them:

- Learn time-management skills
- Develop organizational skills
- Accept responsibility in the family
- Find opportunities for success
- Learn work/play balance
- Set a foundation for independence



Chores by age

Responsibilities vary by child and household, but the following suggestions can help you get started. Remember to be clear and set reasonable expectations.

Chores for children ages 2 to 3



Put away toys



Put clothes in hamper



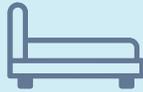
Wipe up spills



Fill pet's food dish

Chores for children ages 4 to 5

Any of the above chores, plus:



Make their bed



Clear the dinner table



Unload utensils from the dishwasher



Empty wastebaskets

Chores for children ages 6 to 7

Any of the above chores, plus:



Sort laundry



Help make and pack lunch



Sweep floors



Set the dinner table

Chores for children ages 8 to 9

Any of the above chores, plus:



Load dishwasher



Put away groceries



Help make dinner



Put away own laundry

Chores for children ages 10 and older

Any of the above chores, plus:



Clean bathroom



Change and wash bed sheets



Cook simple meals (with supervision)



Wash car

From the expert

"Teaching kids to do chores teaches them responsibility. At the same time, we must remember that they're kids first. So make sure you are flexible and have an honest conversation if they make mistakes."



— Dr. Ahmad Bailony, pediatrician
with Sharp Chula Vista Medical Center