



Family Assets ... Building Blocks for Life

Fact Sheet



Family Life Month Packet
Family and Consumer Sciences

Kids Helping at Home

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Your children may be able to help with household chores. Here are some good reasons to let your family help you.

- Each person can do a small part.
- You can get more done.
- Children have good ideas to share.
- Children can learn new skills.

Find a chore your child can do. Think about your child's age and abilities. Here are some ideas.

Ages 2 to 3

- Hang clothes on hooks
- Pick up toys

Ages 4 to 5

- Set table
- Feed and water pets
- Help make snacks
- Help put away groceries

Ages 6 to 7

- Make bed
- Sweep kitchen
- Clean bathroom sink
- Water plants

Ages 8 to 10

- Wash sink and toilet
- Learn to sew
- Mop floor
- Help wash clothes
- Clean out a drawer

Ages 11 to 12

- Make own breakfast
- Pack family lunches
- Help serve meals
- Do family wash
- Cut the grass (with supervision)

Here are some ideas for kids to help at home:

- Children can color a paper placemat. They can trace a plate and other dishes on it. This helps them learn how to set the table.
- Have a toy box for your child to keep toys. This can be a basket or a cardboard box. Let your child draw pictures on the box.
- Place clothes hooks where children can reach. This makes it easier for children to hang up their clothes.
- Put towel racks and shelves low where small children can use them.
- Praise your children for a job well done!

Original materials:

Author: Diane E. Johnson, Extension Agent, Family and Consumer Sciences, Darke/Miami County, OSU Extension, “Sharing Household Tasks” part of Balancing Work & Family Employee Enrichment Packet, 1995.

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For more information, visit the Human Development and Family Life web site at:
<http://www.hec.ohio-state.edu/famlife/index.htm>