

# CHILDREN AND CHORES

## Persistence pays off

### A PARENTAL DILEMMA (another one...)

Getting your child to complete chores can feel like more effort than it's worth. As difficult as it is for us parents to weather endless moaning and groaning, chores are teaching a child essential life skills. It's worth the time and effort for the long term pay off – so get your parental persistence happening!

### A PARENTAL IMPERATIVE (another one...)

Who would have thought that hanging out the washing, taking out the bin or unstacking the dishwasher was actually teaching children how to manage their mindset, organise their time, develop their negotiation skills, learn cooperation? Yes, chores are fertile ground for **laying down skills for life**. When your child participates in chores they're building **resilience** – so rest assured, you're actually doing your children a favour – truly - when you allocate that little job which garners groans of despair and 'woe is me' complaining.

### THINKING ABOUT THINKING

A positive mindset is the KEY to getting chores done. Help your child to start with a 'Supa Thinkin Mindset' (a handy little thing for lots of life) that will have them speeding through the chores – if not joyfully - at least successfully. Placing the Mindset Poster - that follows - in the chore 'hot-spots' will certainly help.

### TYPES OF CHORES

Age is no barrier – even the youngest can, (and often) wants, to be included: sponge-wiping cupboard doors, sorting socks or folding the tea towels. The Chores Chart that follows has ideas for different ages.

### IS PERFECTION THE GOAL?

NO WAY! If the swept floor is spotty, the washing is wonky or the doona is dragging – but done - then it's mission accomplished – and well done to everyone! Of course, the child's age means different expectations about getting the job done well - first time - and on time. Another one of those essential Learnings for Life...

### MONEY – SHOULD IT CHANGE HANDS?

NO WAY! That doesn't mean pocket money shouldn't be part of your family life, but link it to the child's daily tasks - that HAVE to be done: putting their washing in the basket, brushing their teeth, putting their school bag away, hanging up their towel. Chores are tasks that contribute to your whole family's wellbeing – and parents' mental health!

# CHILDREN'S CHORES



## 3 - 5 years

- ✓ Make their bed
- ✓ Tidy up play areas
- ✓ Tidy up their bedroom
- ✓ Help feed pets
- ✓ Carry safe items to the table
- ✓ Put clothes in basket

## 5 - 7 years

- ✓ Empty dishwasher / wash dishes
- ✓ Wipe the kitchen table
- ✓ Carry safe items to the table
- ✓ Tidy up a communal area
- ✓ Match & fold socks
- ✓ Vacuum & dust own bedroom

## 7 - 9 years

- ✓ Walk the dog
- ✓ Assist with dinner preparation
- ✓ Wipe kitchen/bathroom benches
- ✓ Hang out small laundry items
- ✓ Set the table
- ✓ Clear the table

## 9 - 12 years

- ✓ Take the rubbish out
- ✓ Put the bins out for collection
- ✓ Clean the toilet
- ✓ Hang out a load of clothes
- ✓ Vacuum & dust a communal area

## 12 - 18 years

- ✓ Prepare & cook a meal
- ✓ Wash & hang a load of clothes
- ✓ Wash car
- ✓ Clean bathroom
- ✓ Garden maintenance tasks
- ✓ Vacuum & mop specified areas



# MINDSET MATTERS TO GET THINGS DONE



When the dishes are piling up...& up...

When the bathroom is turning green

When the 'floor-robe' is the wardrobe

When the toys have formed Mt Everest

When the dust bunnies turn into dino-bunnies



## Grow a 'get it done' mindset

Supa Thinkin helps get the  
job done...

# FAST!

'The sooner I  
start, the  
sooner I finish'

'It's not that  
bad'

'Just do it!'

## Getting it done SUPA THINKING

'Every bit done  
is a bit less  
to do'

'It'll be over  
soon'

'I can play  
when I'm  
finished'