



Chores by Age List **By Judy Arnall, BA, CCFE**

2-3 years old (done with adult)

- Empty small wastebaskets
- Put on pj's
- Pick up trash in yard
- Wash face
- Brush teeth
- Comb hair
- Help set table
- Clear table
- Help load dishwasher
- Help put laundry in dryer or on drying rack
- Pick up toys
- Put dirty clothes in hamper

4-5 years old (done with adult)

- Get dressed
- Make Bed with Duvet
- Pick up room
- Dust their room
- Hang wet laundry on clothes rack
- Clean TV screen
- Help in the yard
- Get ready for bed (brush teeth, put on pj's, etc)
- Lay out clothes for next day

6-7 year olds (done with adult)

- Brush teeth (with adult)
- Set breakfast table
- Help with dishes
- Change sheets (help from mom)
- Feed dog or cat
- Vacuum room
- Take out trash
- Dust room
- Sweep porch
- Clean inside of car
- Help with dinner

Sweep porches and walks
Help with dinner clean up
Dust baseboards
Fold laundry
Carry in groceries
Empty backpack lunch containers by the sink
Make sure backpack and school papers are by the door and ready to go

8-9 years old

Start ironing easy items
Clean sliding door glass
Clean fingerprints from doors
Dust other rooms
Wash car

10 years old and up

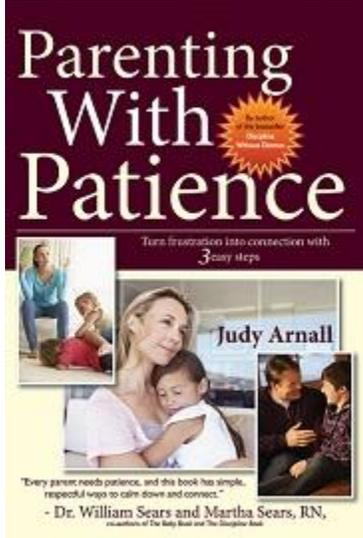
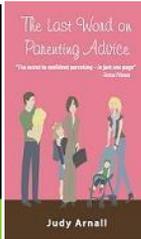
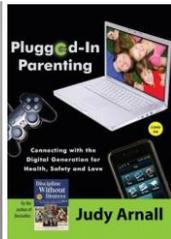
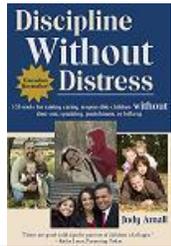
They can do all that the other ages do plus:
Change their sheets by themselves
Clean the bathroom
Clean up kitchen
Help with cooking meals and baking
Scrub floors
Water plants
Straighten bookcases
Wipe down washer and dryer
Sew and mend
Put away groceries

12 years old and up

Clean entire bathroom
Clean kitchen alone
Vacuum entire house
Do grocery shopping
Sew and mend
Repair jobs
Clean range
Help with heavy spring cleaning
Paint
Straighten closets and drawers
Get groceries

Judy Arnall, BA, DTM, CCFE is a professional international award-winning parenting and teacher conference speaker, and trainer, Mom of five children, and author of the best-selling book, ***Discipline Without Distress: 135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery*** and the new DVD, ***Plugged-In Parenting: Connecting with the digital generation for health, safety and love*** as well as the new book, ***Parenting With Patience: Turn frustration into connection with 3 easy steps***, www.professionalparenting.ca, jarnall@shaw.ca, 403-714-6766 Sign up for notifications of free monthly parenting webinars. Copyright permission granted for "reproduction without permission" of this article in whole or part, if the above credit is included in its entirety. Sections may be deleted for space constraints.

Judy has written bestsellers:



Judy is authorized and certified to teach:

