

7 Ways to Make Chores Positive

Chores can build your child's sense of responsibility.

And helping with chores boosts their self-esteem.

But getting them to do chores may be another story.

Here are seven ways to make chores positive for kids.

One: Start young.

Toddlers and younger children can help by doing a small part of a chore while you do the rest.

Maybe when you're doing the dishes, your toddler can dry their own cup or put away some of the utensils.

Two: Match the chore with their ability.

A younger child may be able to set the table, feed pets, or put groceries away.

And as they get older, their chores can advance to trash duty or bathroom cleaning.

Three: Do chores together.

Doing chores together teaches kids about teamwork.

Putting groceries away, folding laundry, or picking up after playing a game are things everyone can do together.

Four: Show how it's done.

That means explaining what it means to do the chore correctly and completely.

For example, raking the yard means raking the leaves, but it also includes putting them in the bin, taking the bin out, and putting the rake away.

Five: Be patient.

Expect that your child may do things slowly at first.

Or they might not be able to do something as well as you can.

And when that happens, calmly explain how to do it right.

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And then let your child try again.

Six: Praise and reward.

Tell them when they do the job well.

And thank your child for doing their part.

You can decide if you want to use rewards or an allowance.

Some people find that this motivates kids.

Every family is different.

So do what works for yours.

Seven: Make chores part of life.

Chores shouldn't be punishment.

Younger kids want to help, but then as they grow older, they might not.

If your child doesn't want to do something, give them a choice between two different jobs, such as feeding the dog or taking out the trash.

And you can always say something like, "Sometimes I don't want to do my chores either.

But having someone to help makes it easier."

So that's seven ways to get some help around the house...

I mean...

to make chores a positive part of your child's routine.

Start young.

Match the chore with their ability.

Do chores together.

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Show how it's done.

Be patient.

Praise and reward.

And, make chores part of what you do in your family.

Most kids want to be helpful.

Your child may not finish as quickly or as well as you could.

But giving them chores can show them that they have value, they can contribute, and they have an important role in the family.