



## Age Appropriate Chores

Joy Smith Ed.D.  
Licensed Professional Counselor

Chores are important because they teach responsibility, help children develop self-confidence and instill a sense of belonging and contribution to the family unit. In addition, chores help children learn time management skills, prioritize tasks and gain general organizational abilities.

### 2-4 years

- Pick up and put away toys
- Help feed pets (may need assistance)
- Help set table
- Carry dishes from table to kitchen after meal/snack
- Put clothes in laundry hamper
- Dust with sock on hand

### 4-7 years

- Set the table or help set the table
- Pick up and put away toys
- Feed pets
- Put dishes in dishwasher
- Clear table after meal or snack
- Help carry in and put away groceries
- Make bed (younger children may need assistance)
- Dust furniture
- Put clothes in laundry hamper

### 8-10 years

- Make bed
- Put clothes in laundry hamper
- Water plants
- Clean room and other rooms in the house\*
- Set the table
- Dust and vacuum
- Fold clothes and put them away
- Help make dinner
- Load/empty dishwasher
- Collect and take out the trash
- Feed pets
- Help with yard work

### 11 years and older

- Make bed
- Put clothes in laundry hamper
- Water plants
- Clean room and other rooms in the house\*
- Set and clear the table
- Dust
- Vacuum
- Help make dinner/Make simple meal on own
- Load/empty dishwasher
- Collect and take out the trash
- Feed pets
- Help with yard work
- Wash car
- Wash/dry own clothes, fold and put away\*
- Clean kitchen
- Put away groceries
- Mow lawn
- Change bed linens

\*When asking children to clean a room, make a written detailed, step-by-step checklist of what is expected. You can ask the child to check off each item after completion.

Note: If a child can operate video game controls, they can operate a washing machine and dryer. Detailed, step-by-step written instructions may be needed for washing and drying clothes. These can be posted on or near the washer/dryer for easy reference.