



Parent Homework Sheet 2

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Create a chore chart outlining chores and responsibilities appropriate for your child or children. You can use the chore chart example on the www.carrollcounseling.org website if you wish.

When developing a chore chart:

- ★ Be specific about your expectations and the criteria for completion of the task. Specify when the chore should be completed.
 - Example: Instead of telling the child to “clean the bathroom”, outline what this means in terms of final inspection i.e. put towels in hamper, wash out sink and bathtub with spray cleaner, empty trash can, etc.
 - Example: I expect you to have the bathroom cleaned before you go to bed at 8:00 pm.
- ★ Be specific about any rewards or compensation.
 - Example: If you feed the dog every day in the morning and evening, you will get \$1.00 each week.
- ★ Mark the chore chart tasks completed only after inspecting or confirming that the chore was properly completed in a timely manner. Use a kitchen timer if necessary to encourage children to finish on time.
- ★ Be specific about consequences if chores are not properly completed on time.
 - Example: If your chores are not completed as requested and within the time allowed, you cannot play video games or watch TV until the chores are done. If you do this more than once, I will add another chore to your list.
 - Example of logical consequences: I asked you to clean the bathroom by 8:00 pm before you went to bed tonight. You washed out the sink but not the tub. I can only assume that you were too tired to finish the job. Tomorrow you can finish the job as soon as you get home from school and go to bed at 7:30 so you can get plenty of rest.