



Age-Appropriate Chores

SUGGESTED RESPONSIBILITIES BY AGE • LIVE INDEPENDENTLY

AGES 2-3.....

LIFE SKILLS:

- 1 Sorting clothes with a focus on colors with supervision
- 2 Pick-up toys with supervision; learn sorting and clean-up
- 3 Help with grocery shopping - putting items in the basket and on check-out counter with supervision

HOUSEHOLD CHORES:

- 1 Dusting with rag
- 2 Help clean-up spills with supervision
- 3 Assist in making up bed - handing adult the pillow

AGES 4-5.....

LIFE SKILLS:

- 1 Help sort clothes for laundry
- 2 Get dressed & undressed with little help from parent
- 3 Little decision-making with dress
- 4 Sort and clean-up toys
- 5 Bring items in from the car
- 6 Simple hygiene - brush teeth, brush or comb hair, bath with supervision

HOUSEHOLD CHORES:

- 1 Include child in cleaning, such as, dusting with feather duster
- 2 Assist in making up bed with supervision
- 3 Putting dirty clothes in the hamper
- 4 Responsible for dishes taken to the sink with supervision
- 5 Dinner helper - placing napkins, plates, & silverware on the table with supervision
- 6 Carry in light groceries
- 7 Match socks from laundry
- 8 Pet duty - water and pet's food (if applicable)
- 9 Tidy bathroom - hang towels, put away bath toys
- 10 Stock bathrooms with supplies, such as, toilet paper



AGES 6-7

LIFE SKILLS:

- 1 Make up bed daily with expectations meet
- 2 Tidy bedroom - clothes placed in hamper and off the floor
- 3 Responsible for dirty clothes hamper to make it to laundry
- 4 Personal hygiene - brush teeth, comb hair, deodorant

HOUSEHOLD CHORES:

- 1 Answer the phone with supervision
- 2 Help with dishes with supervision
- 3 Empty indoor trash cans with help
- 4 Fold individual laundry and put up clothes with supervision
- 5 Prep dinner table and clear table with supervision
- 6 Water plants
- 7 Pet duty - water and pet's food (if applicable)
- 8 Help with the cleaning with supervision
- 9 Spray tub and wipe out when done with help
- 10 Set alarm clock with help

AGES 8-11

LIFE SKILLS:

- 1 Empty indoor trash cans **\$\$\$ JOB**
- 2 Take out garbage **\$\$\$ JOB**
- 3 Answer the phone and take messages
- 4 Help with dishes
- 5 Laundry duty - Fold individual laundry and put up clothes **\$\$\$ JOB**
- 6 Personal hygiene - brush teeth, comb hair, deodorant, etc.
- 7 Make up bed daily with expectations meet
- 8 Set alarm clock
- 9 Bathroom maintenance - Spray tub or shower; scrub when done
- 10 Leave bathroom in order
- 11 Pick out clothes with expectations meet

HOUSEHOLD CHORES:

- 1 Dinner helper - food preparation with help
- 2 Prepare school lunch with supervision
- 3 Sweep and mop floors with supervision
- 4 Help with cleaning the refrigerator with help
- 5 Calendar helper - update master calendar and personal calendar with supervision



AGES 12-13

LIFE SKILLS:

- 1 Empty indoor trash cans \$\$\$ JOB
- 2 Take out garbage \$\$\$ JOB
- 3 Laundry duty - fold and put away clothes
- 4 Personal hygiene - brush teeth, comb hair, deodorant
- 5 Make up bed daily with expectations met
- 6 Set alarm clock and wake up by it with supervision
- 7 Bathroom maintenance - Spray tub or shower; scrub when done
- 8 Leave bathroom in order
- 9 Pick out clothes with expectations met
- 10 Responsible for initiating Home work
- 11 Calendar helper - update master calendar and personal calendar

HOUSEHOLD CHORES:

- 1 Dinner helper - food preparation, simple menu planning and learning recipes (one per week) \$\$\$ JOB
- 2 Answer the phone and take messages
- 3 Put away own dishes
- 4 Dinner helper - food preparation with help
- 5 Prepare school lunch with supervision
- 6 Sweep and mop floors with supervision
- 7 Help with cleaning the refrigerator with help
- 8 Home work with reminders

AGES 14-15

LIFE SKILLS:

- 1 Empty indoor trash cans \$\$\$ JOB
- 2 Take out garbage \$\$\$ JOB
- 3 Do own laundry - start to finish including folding and putting away \$\$\$ JOB
- 4 Personal hygiene - brush teeth, comb hair, deodorant
- 5 Make up bed daily with expectations met
- 6 Empty indoor trash cans
- 7 Set their alarm clock & wake up by it
- 8 Bathroom maintenance - Spray tub or shower; scrub when done
- 9 Leave bathroom in order
- 10 Pick out clothes with expectations met
- 11 Responsible for initiating Home work & meet deadlines
- 12 Responsible to keep up with schedule, ex. Extra curricular activities
- 13 Responsible for library card and books
- 14 Responsible to earn spending money



HOUSEHOLD CHORES:

- 1 Begin to learn automobile responsibility with supervision
- 2 Wash and vacuum car with supervision **\$\$\$ JOB**
- 3 Yard work - mow yard, trim with a weed eater with supervision **\$\$\$ JOB**
- 4 Pressure washing with supervision **\$\$\$ JOB**
- 5 Garden and plants - water, weed - if applicable **\$\$\$ JOB**
- 6 Give pets a bath with supervision - if applicable **\$\$\$ JOB**

AGES 16-18

LIFE SKILLS:

- 1 Empty indoor trash cans **\$\$\$ JOB**
- 2 Take out garbage **\$\$\$ JOB**
- 3 Personal hygiene - brush teeth, comb hair, deodorant
- 4 Make up bed daily with expectations met
- 5 Set their alarm clock and wake-up by it
- 6 Bathroom maintenance - Spray tub or shower; scrub when done
- 7 Leave bathroom in order
- 8 Pick out clothes with expectations met
- 9 Responsible for initiating Home work and doing projects on time
- 10 Responsible to keep up with schedule, ex. Extra curricular activities
- 11 Responsible for library card & books
- 12 Money Management - learning how to spend, save and give
- 13 Time Management - doing things early and planning ahead
- 14 Give pets a bath - if applicable **\$\$\$ JOB**
- 15 Pressure washing drive way **\$\$\$ JOB**
- 16 Wash and vacuum the car **\$\$\$ JOB**
- 17 Yard work - mow yard, trim with a weed eater **\$\$\$ JOB**
- 18 Garden and plants - water, weed - if applicable **\$\$\$ JOB**
- 19 Pressure washing **\$\$\$ JOB**

HOUSEHOLD CHORES:

- 1 Do own laundry - start to finish including folding and putting away
- 2 Laundry manager - supervise siblings, once a week, making sure all laundry is put up **\$\$\$ JOB**
- 3 Lunch plan - prepare lunch for school and/ or make sure money is in lunch account for school lunch use

