

Chores for Young Children

EXPERT TIP: Set the timer! Age = minutes

Help your child stay focused on the chore until the timer beeps. You can finish the chore unless they want to keep helping. This will build their stamina and show them what a completed chore looks like.

Waddler 9-18 months

Pick up toys & books
Use small dustpan & broom
Put dirty clothes in hamper
Help throw away trash
Wipe up own accidents
Put bath toys away
Pour pre-measured pet food
Help with hygiene (teeth, wash)
Choose own clothes
Dust



Toddler

16-36 months

**All ideas from Waddler plus*

Use small dustpan & broom
Sort laundry by color
Run handheld vacuum
Wipe up own spills
Pour pre-measured laundry soap
Water plants
Sort silverware
Clear unbreakable items from table
Help with meal preparation

**"Don't do for others,
what they can do for
themselves."
~Rudolf Dreikers**



Preschooler 3-5 years old

**All ideas from Toddler plus*

Make bed with help
Help with grocery shopping
Prepare breakfast or simple lunch
Bring in mail
Clear or set table
Pull weeds/water flowers
Rake or pick up leaves
Sweep or vacuum
Wipe down sink & counter
Sort & put away laundry
Follow schedule feeding pets
Clean mirrors and windows



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Adapted from Postive Parenting A-Z;
Renshaw-Joslin
Positive Discipline A-Z;
Nelson, Lott, Glenn
www.besproutable.com