

# Age related helping tasks for children and young people *by Michael Grose*

Michael Grose has worked with children all his professional life. A former primary school teacher, Michael is now a writer and speaker specialising in parenting, family and educational matters.

Chores or household tasks also exercise children's organisational muscles, in particular their time management muscles. Make sure all kids have chores to do that are suitable for their age and stage of development. Following is a list of responsibilities suitable for kids at different ages:

***NB: This is list of suggestions only and should not be seen as prescriptive in any way.***

## **2/3 year old**

1. Pick up toys after use
2. Stack magazines and papers in storage place
3. Undress and dress self with help
4. Wipe up spills
5. Clear table and put dishes on the bench
6. Carry clean clothes to cupboards
7. Put scraps in the rubbish bin

## **4 year old**

1. Set the table with help
2. Stack dishes in the dishwasher
3. Collect the mail
4. Make the bed
5. Prepare own cold cereal
6. Help with simple cooking
7. Tidy living areas

## **5 / 6 year old**

1. Make own sandwich and clean up
2. Answer the phone
3. Feed pets and keep area clean
4. Pay for some purchases
5. Sort and tidy cutlery and kitchen utensils
6. Help with planning and grocery shopping
7. Set the table

### **7/8 year old**

1. Prepare own school lunch
2. Take pet for a walk
3. Take care of own bike and outdoor toys
4. Fold and store clean laundry
5. Run errands for parents
6. Take phone messages and write them down
7. Iron simple pieces

### **9/10 year old**

1. Operate the washing machine and dryer
2. Change own bed and put out laundry
3. Wash the car
4. Learn to bank and use money responsibly
5. Make tea and coffee
6. Do simple sewing tasks
7. Cook simple meals from a recipe

### **11/12 year old**

1. Travel on public transport
2. Plan own parties
3. Vacuum the house
4. Cook and prepare an evening meal for the family
5. Feed and bathe younger siblings
6. Put younger siblings to bed
7. Help in routine maintenance around the house

### **Teenagers**

1. Contribute to household responsibilities such as cooking, own room
2. Delegate an area of responsibility for them to look after e.g feeding and walking a dog, weekly garbage, wood for a wood heating system
3. Cook a meal at least once a week
4. Make and organise own lunches
5. Organise own travel arrangements for hobbies, sports and outside interests
6. Organise own financial arrangements such as banking, investing and spending money
7. Take responsibility for clothing purchases within an agreed allowance or limit