



All They Really Need: Trusting the Wisdom of Nature to Raise Resilient Kids

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## HOUSEHOLD CONTRIBUTIONS

### Toddlers

Small children can only follow one or two step instructions at a time. Help them by keeping items in consistent places and do your best to make it fun.

- Put away toys.
- Place clothes in the basket.
- Pile up books.
- Mop or dust small areas with a dry cloth.

### Preschoolers

At this stage, the earlier tasks should be mostly habit (although defiance is a key part of being a preschooler!), and kids can start participating in more complex tasks. Their brains are developing, as is their dexterity.

- Make their bed.
- Set and clear the table.
- Wash non-sharp or non-breakable dishes.
- Sort laundry.

### Primary Schoolers

School-aged children are able to take on more responsibility independently, infusing the tasks with their own spin. This is an important part of them learning to take care of themselves and others.

- Sweep/vacuum the floor.
- Prepare simple meals with support.
- Tidy their bedroom.
- Put away groceries or laundry.



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### Early adolescents

Pre-teens have increasingly expanding orbits; giving them more complex tasks communicates you have confidence in their ability to follow through.

- Prepare easy meals without assistance.
- Clean the kitchen after meal prep
- Use the clothes washer.
- Take the trash out.
- Run short errands.

### Older adolescents

Depending on how you've been doing, your teen can do pretty much any chore you can! They may need some refining or reminding, but the goal is for them to mostly manage once they're on their own!

- More complex cleaning/sorting (fridge, garage, attic, etc.).
- Fully clean the bathroom and kitchen.
- Care for younger people or pets.
- Make more complex meals.
- Perform simple repairs.

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Write down some new household chores that you can assign to your kids over the next few weeks: