



Family Contributions by Age

Fostering Responsibility, Independence & Family Teamwork

2-3 Years Old	4-5 Years (same as previous list and more...)	6-8 Years (same as previous lists and more...)
Wipe down kitchen chairs and stools with a damp sponge	Make own bed – use a simple comforter	Wash dishes; Load and unload dishwasher
Carry in the newspaper or mail	Help fold towels and wash cloths	Simple meal preparation – salads, desserts
Pick up toys and clothes	Clean own bathroom sink with wipes	Help change bed sheets & put dirty sheets in laundry
Wash tables and counters with a damp sponge	Water plants (provide training on how much water)	Pack lunch for school
Pick up toys and clothes	Prepare simple breakfast/lunch and clean up	Iron cloth napkins
Fold Washcloths	Polish silver (wearing gloves)	Fold simple laundry items and put them away
Wash vegetables, tear lettuce, stir	Empty small trashcans around the house	Dust baseboards
Help set the table – napkins, silverware	Sort white clothes from dark clothes for laundry	Vacuum & dust furniture
Feed the pets and refill water (Be sure to provide training!)	Help with vacuuming, sweeping and dusting	Walk pets daily
Help clean own place at the table	Transfer clothes from the washer to the dryer	Pull Weeds
Help put groceries away at kid friendly level	“Swiffer” the floor	Get himself up in the morning with an alarm clock
Unload spoons and forks from dishwasher	Use handheld vacuum for spills messes	Put groceries away
9-11 Years (same as previous lists and more...)	12-14 Years (same as previous list and more...)	15+ Years (same as previous lists and more...)
Wash dishes; Load and unload dishwasher	Change bed sheets independently	Babysit siblings for longer periods
Household maintenance – change light bulbs, batteries	Laundry start to finish	Family errands
Fold all of own laundry and put it away	Wash indoor windows and lower outdoor windows	Mop floors
More detailed household cleaning – refrigerator, toilets	Mow lawn, rake leaves, spread mulch	Balance personal checkbook
Wash car & vacuum inside of car	Administrative tasks in parents’ business	Maintain the family cars
Plant flowers / garden items at change of season	Prepare family meal 1 day/week – simple menu’s	Help with family budgets
Assist younger siblings with homework / reading	Manage family recycling efforts	
Bathe and groom pets	Babysit siblings for short periods with adult nearby	
Weekly trash duties – gather trash & take dumpster out	Have total responsibility for family pets	
Monthly closet & drawer organization	Clean shower and tub	

*Positive Parenting Solutions provides a comprehensive online parenting course and unparalleled problem solving support for parents of toddlers to teens. We help you **correct misbehaviors permanently without nagging, reminding or yelling** with the ultimate goal of raising confident, capable, and responsible kids.*

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