

Power of Chores

February 2021

Special Education Service Agency - SESA

All Ages



Chores start at all ages and as children grow, so will the complexity of the chores they do.

Start Small



Small doesn't mean only pick a simple task, but also only a specific time of your day. This takes less time to teach a routine that only happens for a few minutes a day.

It Adds Up



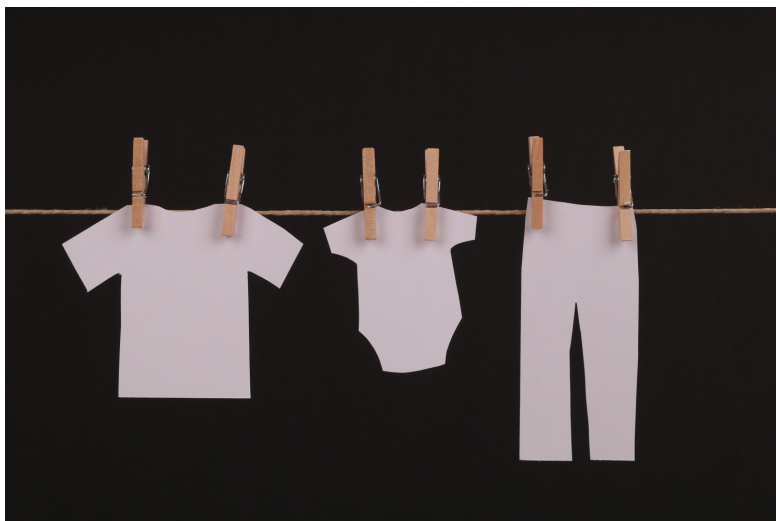
Small jobs, such as putting away toys, can add up to organizing a room. Making a snack can grow into making a meal!



Strategies

If you choose a routine that happens every day, you will always have another chance to try your new chore routine. Each time you try the chore with your child, have your child do a little bit more on their own until they can do the entire task on their own. Doing the chores together gives you a chance to work together and also show how the chore should be done.

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Do Less

Mealtime

Skip a step by “forgetting” to add condiments or a favorite item

Playtime

Use a bin for putting toys away in when not in use

Routines

Leave a step out of a familiar routine to see if your child will pick up on it



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Questions?

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out our website.

(907) 334 – 1300
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Chore Ideas:

Meal Prep – Consider skipping steps when preparing your child’s meal or snack such as opening packaging, pouring, or spreading. This could be messy, but it will eventually get easier.

Cleaning – There are many levels of cleaning where a beginner can help to throw something away, hold a dust pan, or tidy up a table by stacking or sorting items.

Laundry – Folding skills may be hard to learn, but sorting is much easier! Consider having your child sort socks from shirts while you are folding.

Pets – Having a pet can be rewarding, but also mean a lot of work. Children can learn a lot of skills by following a feeding schedule, changing out water dishes and caring for the family pet.

Community – Being out in the community can be tricky. Giving your child a job may help to focus their attention such as holding a list or looking for an item as you walk past shelves.

Family Tech – Most homes have lots of tech now. Consider having a routine for charging or gathering up tech to teach responsibility skills.