

Age-appropriate CHORES



Age 2-3

- Put toys and books away
- Put clothes on clothes hooks
- Help set the dinner table
- Put rubbish in the bin
- Put dirty clothes in the washing machine
- Bring folded clothes to the room
- Water the plants



Age 4-5

- Make the bed
- Feed the pets
- Set the table for meals
- Help put away groceries
- Dust furniture
- Clear and clean table after meals
- Help with preparing meals, under supervision
- Hand you wet clothes to be hung out to dry



Age 6-8

- Clean the bathroom sink and wipe down kitchen benches
- Sweep, mop and vacuum floors and carpet
- Rake leaves
- Take out the rubbish
- Help hang out wet clothes
- Fold clean laundry
- Put away crockery and cutlery
- Help with choosing meals and shopping
- Help with meal preparation and serving, under supervision



Age 9-11

- Clean the toilets
- Make a simple meal
- Do the washing
- Take the bins out and bring back from the kerb
- Change light bulbs
- Clean mirrors



Age 12+

- Wash and vacuum the family car
- Mow the lawn
- Iron clothes
- Babysit younger siblings
- Wash windows
- Cook a meal
- Help with grocery shopping



Age-appropriate CHORES

Age 2-3

In the kitchen

- Wash vegetables
- Get own cereal or snack from pre-approved location
- Pour things while you cook
- Put plastic dishes in the dishwasher
- Unload plastic dishes and non-sharps from the dishwasher

In the house

- Put toys and books away
- Put clothes on clothes hooks
- Put rubbish in the bin
- Help set the dinner table
- Help clear the dinner table
- Water the plants
- Use small handheld vacuum to clean up mess
- Use cloth or paper towel to wipe up spills

Laundry

- Collect dirty clothes
- Put dirty clothes in the washing machine
- Move washed clothes from machine to basket
- Bring folded clothes to the room



Age-appropriate **CHORES**

Age 4-5 (Everything from previous age group plus . . .)

In the kitchen

- Help put groceries away
- Help with preparing meals, under supervision
- Put dishes in the dishwasher
- Measure or place soap for dishwasher and start cycle
- Unload dishwasher and stack dishes on kitchen bench
- Wash dishes, with supervision
- Help measure ingredients

In the house

- Feed the pets and refill water
- Make the bed
- Set the table for meals
- Dust using microfibre cloth
- Clear and clean table after meals
- Help wash pets
- Help with vacuuming and sweeping
- Wipe down dirty walls

Laundry

- Hand you wet clothes to be hung out to dry
- Sort white and dark clothes
- Match socks
- Fold tea towels

Outside

- Carry in firewood
- Take out recycling
- Weed



Age-appropriate CHORES

Age 6–8 (Everything from previous age groups plus . . .)

In the kitchen

- Wipe down kitchen benches
- Put away crockery and cutlery
- Help with choosing meals and shopping
- Help with meal preparation and serving, under supervision

In the house

- Clean the bathroom sink
- Sweep, mop and vacuum floors and carpets
- Replace toilet paper roll
- Help clean windows and mirrors

Laundry

- Help hang out wet clothes
- Fold clean laundry

Outside

- Rake leaves
- Take out the rubbish



Age-appropriate CHORES

Age 9-11 (Everything from previous age groups plus . . .)

In the kitchen

- Make a simple meal
- Wash dishes
- Load and unload dishwasher
- Make snacks, salads and light meals
- Pack lunch for school

In the house

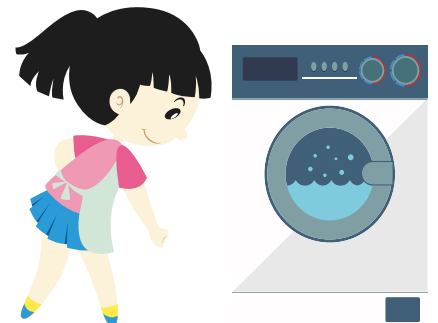
- Clean the toilets
- Change light bulbs
- Bathe younger siblings
- Change bedsheets
- Read to younger siblings
- Dust baseboards
- Clean room

Laundry

- In charge of the washing
- Iron simple items

Outside

- Take the bins out and bring them back from the kerb
- Help wash and vacuum the car
- Walk pet



Age-appropriate CHORES

Age 12+ (Everything from previous age groups plus . . .)

In the kitchen

- Cook a meal
- Clean out fridge/freezer

In the house

- Babysit younger siblings
- Help younger siblings with homework
- Clean windows and mirrors
- Clean the entire house
- Total responsibility for family pets

Laundry

- Iron clothes

Outside

- Wash and vacuum the car
- Mow the lawn
- Help with grocery shopping

