

TEACHING LIFE SKILLS

AGE APPROPRIATE RESPONSIBILITIES

2-3 Years of Age

Wash Vegetables in the kitchen sink.
Put away their toys.
Brush Teeth (may need assistance).
Learn to turn out the lights.
Feed pets.
Assist in recycling newspaper.

Age 4

Can tidy a room alone or with help.
Learn where to place their papers from school or Sunday school.
Help make their beds.
Help recycle plastic items.
Fill out a limited chore chart.
Set the kitchen table at dinner time (plates, forks, spoons, napkins - NO knives)
Put away toys that are left in the yard.

Ages 5-6

Begin Folding Laundry (fold towels, match socks and put items away)
Answer the phone politely (when mom and dad are around).
Make their bed.
Separate dirty clothes by color.
Load the dishwasher with unbreakable dishes.
Wipe up their own spills.
Fix their own simple snack.
Begin using word chore charts.
Collect trash from trash cans around the house.
Clean trash out of the car.
Dial 911 for help.
Pick up clutter around the house.

Ages 7-8

Make own breakfast like cereal and pop tarts.
Clear the dinner table. (put dishes in the dishwasher and put condiments in the refrigerator).
Load and unload the dishwasher.
Answer the phone and take messages.
Bathe pets.
Take own bath or shower.
Brush own hair.
Dust furniture.
Sweep the floors.
Water house plants.

Ages 9-12

Vacuum the house.
Begin mowing the yard.
Wash a car.
Wrap gifts.
Help with meals on a regular basis (can cook side dishes like Macaroni & Cheese, spaghetti noodles, can goods).
Begin doing their own laundry (may need help operating the machines and in properly measuring detergents/softeners etc).
Clean toilets, bathroom counter tops, mirrors and kitchen counter tops.
Polish the furniture.
Fix own hair with bows, ribbons and hair ties.
Begin keeping their own calendar or schedule.
Mop floors.
Operate kitchen appliances.
Administer basic first aid.
Write and follow a budget.

Ages 13-16

Plan and cook meals on a regular basis.
Do their own laundry completely with no assistance.
Change linens on their beds.
Clean out the refrigerator.
Change light bulbs.
Open a checking or savings account at a bank and learn how to use a checkbook.
Iron Clothes.
Change a flat tire,
Pump Gasoline.
Perform CPR.
Learn about car maintenance (check oil level, tire pressure, transmission oil etc).
Clean the shower or tub.



Remember: Each child develops differently and you know your child better than anyone else, these are just guidelines to follow. If you feel your child is not quite ready for some of the responsibilities listed, then introduce at a later time.

In order to teach effectively you must:

- 1st - show them how to do it;
- 2nd - Help them do it;
- 3rd - Watch them do it; and
- 4th - Allow them to do it on their own.

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