



Let's Make Chores Fun!

One ball, two balls, three balls!

Goal: Chores can be tough for everyone, but they do not have to be! Instead, you and your child can do things to make chores enjoyable and motivating.

[Tip]: Have your child count toys as they put them away, name the colours of the toys they are putting away, or sing a song while cleaning up. For everyone, you can listen to music as you clean up or do chores with other family members to make the experience more enjoyable. Many children want to help around the house, and while they can make chores more complicated when they do things incorrectly, refusing their help can prevent them from helping later. Instead, accept their help as much as you can, praise them for their work, and when they make mistakes, encourage them while showing them how to do the chore correctly.

Why is this important? Doing chores is important for teaching children about responsibility, it increases care for others, and builds self-sufficiency.

References: Rende, Richard. (2021). Chores: Why they still matter and how to engage youth. The Brown University Child and Adolescent Behavior Letter, 37(6), 1-4. <https://doi.org/10.1002/cbl.30545>