



Clean Up Everywhere

Do Your Share!

Goal: Encourage your children to carry their own backpack or help with family activities and chores

[Tip]: Chores may include putting away groceries, emptying their lunch kit, putting dishes away, and recycling.

Why is this important? Involving children in household jobs helps them develop pride, autonomy, responsibility, and resilience.

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