



## 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>