

AGE-APPROPRIATE CHORES FOR CHILDREN *

Ages 2-3

- Put away toys and clean up after playing
- Help make bed by pulling covers up
- Pick up pillows and blankets on floor
- Stack books on shelf
- Collect and place dirty clothes in laundry hamper
- Throw trash away
- Fetch diapers and wipes
- Help fold washcloths
- Help set the table
- Assist cooking by stirring
- Carry plate to sink after meals
- Assist in feeding pets
- Help with groceries, such as putting items in the shopping cart and carrying a light bag or item into the house after shopping

Ages 4-5

in addition to the previous list of chores

- Make the bed
- Straighten bedroom
- Put clothes away in drawers or on shelves
- Help with laundry by matching, folding, or other simple tasks
- Prepare simple snacks
- Assist cooking by stirring or measuring
- Clean up spilled liquid or dropped food after eating
- Clear kitchen table after meal
- Dry and put away dishes with help
- Sort clean silverware
- Feed pets and fill water dish with

Ages 4-5 (cont'd)

help

- Use hand-held vacuum
- Dust baseboards with help
- Water houseplants with help

Ages 6-7

in addition to the previous list of chores

- Keep room clean
- Make bed without assistance
- Hang up towels in the bathroom after using
- Replace toilet paper roll
- Sort laundry
- Match clean socks
- Fold towels
- Mix, stir, and cut with a dull knife
- Make simple salad
- Set and clear the table before or after a meal
- Help wash dishes
- Help empty dishwasher
- Put groceries away with help
- Gather trash
- Dust mop floors
- Use a broom or handheld vacuum to clean floors
- Pull weeds and water outdoor flowers and plants
- Rake leaves

Ages 8-9

in addition to the previous list of chores

- Hang/fold, put away clean clothes and laundry

(continued on next page)