

Hang on! Help is on the way. Try these super strategies for making family life easier.

Katy Family Gram

Tips for getting kids to do their chores

by *Katy Magazine's* Staff and Parent Panel

When it's time to dole out chores, why does it seem like everyone in the room disappears? How can exhausted Katy parents find the time and energy to enlist help from kids? Read on and find out how.

FAIR WARNING Give your child a warning that chore time will start in five minutes and then enforce it. You might even set a timer and when the bell goes off, it's time to do chores.

TOY CONFISCATION If your child continuously leaves his favorite toy out, confiscate it and have him do a chore of your choice to reclaim it.

ASSIGN OWNERSHIP Assign each child age-appropriate tasks that they can take ownership for. When something's not done, it's easy to know whose role it was and follow through.

MAKE CHORES FUN Blast some fun music and be enthusiastic. Dance around doing chores until they are done. After you've inspected her work, allow her to bang a gong or ring a bell to signify the end.

KID-FRIENDLY CHORE CHARTS Hang a kid-friendly chore chart on the fridge and give each child a star or sticker for each chore completed.

EVERYONE HELPS OUT Even though they are busy with school, homework, sports, and friends, that shouldn't excuse them from contributing to the household and having age appropriate responsibilities.

OFFER CHOICES Try asking, "Would you rather clean the living room every day or the dining room?" Children are more likely to do tasks when they have a say-so.

CHORE ROUTINES Try to schedule chores around familiar routines. After dinner, load the dishes and sweep. Make the bed after they get ready for school.

SET EXPECTATIONS Teach your child, step-by-step how you want the chore done. Make sure to point out when they do it well.

TALK TO THEM Tell your child he is a very important helper in the family. Consistently teach him that helping each other and sharing the load is what families do.

CHORES *by age*

TODDLERS

Make bed
Put clothes in hamper
Put clean clothes in drawers
Put away toys

PRESCHOOLERS

Load dishes
Set table
Help feed pets
Pick up room

ELEMENTARY

Sweep and dust
Sort laundry
Wipe counters
Help with meals
Pull weeds

MIDDLE SCHOOL

Take out trash
Fold and put away laundry
Vacuum or mop
Clean toilets and bathrooms
Make easy meals

HIGH SCHOOL *All of the above, plus...*

Make meals
Meal plan

Babysit
Run errands

Mow lawn
Help grocery shop

GOT A TOPIC OR IDEA FOR FAMILY GRAM? Email editor@katymagazine.com