


Teach Your Child to Help Around the House




1. **It is important that your child begin to learn independence skills so he or she can learn to do things alone.**
2. **As your child learns new tasks, think about ways that new skills can be used to help out at home.**
3. **Be creative in the ways that you involve your child.** Every child and family is different.
4. **Teaching your child the skills listed below at an early age will teach responsibility** and will help your child to feel like he or she is helping the family:
 - Putting toys back in the toy box can be part of the fun.
 - Dirty clothes can be put in a toy wagon and pulled to the laundry room.
 - Setting the table is a good way to practice counting.
 - Sweeping the floor with a little broom will help build up muscles and hand-eye coordination.
 - Cooking is a great way to teach the importance of healthy eating.
5. You may want to read more by visiting your local library. Steps to Independence Teaching Everyday Skills to Children with Special Health Care Needs by Bruce L. Baker and Alan J. Brightman is one suggestion.
6. You may also find the following websites helpful in deciding on age appropriate chores and other ideas to get your child on board.
 - Ideas from other parents on ways to foster responsibility (page 14-15)
<http://www.waisman.wisc.edu/naturalsupports/pdfs/FosteringSelfDetermination.pdf>
 - Divide and Conquer Household Chores
<http://www.webmd.com/parenting/features/chores-for-children>
 - Chores and Checklists <http://www.choresandchecklists.com/>

On the other side of this page is a reward chart that you can use with your child.


 **SUPERSTAR WEEKLY REWARD CHART**
 www.kidsrewardchart.com


NAME: _____

MY TASKS	M	T	W	T	F	S	S
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★




MY GOAL IS TO GET _____ STARS THIS WEEK, MY SUPER REWARD IS _____

 ★ = _____ ★★ = _____ ★★★ = _____
 ★★★★★ = _____ ★★★★★ = _____


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	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
	★	★	★	★	★	★	★
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	★	★	★	★	★	★	★



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We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

dsc.uic.edu or like us on  facebook.com/dsc.uic.edu