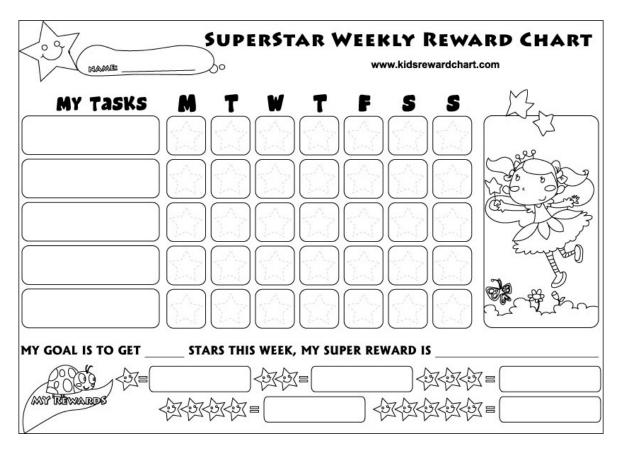


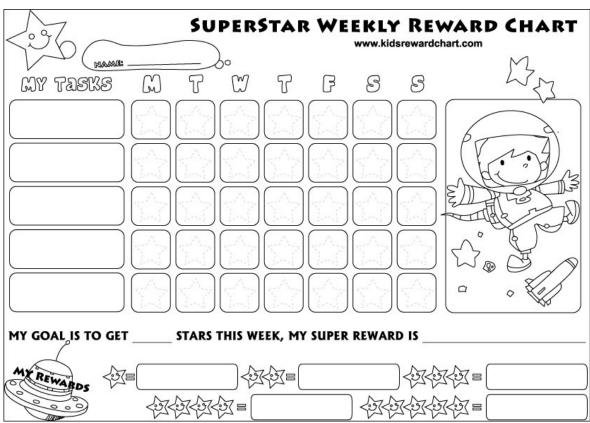
Teach Your Child to Help Around the House



- 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.





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