

Teach Your Child to Help Around the House



1. **It's important for your child to learn how to help around the house.**
2. **As your child gets older and learns new tasks, think about ways these skills can be used to help out at home:**
 - Baking can be a great way to practice math.
 - Folding laundry can be great experience for working in a clothing store.
 - Looking through the newspaper for coupons is a good way to practice reading.
 - Pulling weeds in the garden is a good way to learn about biology and botany.
 - Vacuuming helps to build muscles and hand-eye coordination.
 - Cooking is a great way to teach the importance of healthy eating.
3. **Be creative in the ways that you involve your child.** Every family is different so have fun discovering what works in your home.
4. **Expecting your child to help out at home will teach responsibility and will help your child to feel like a helpful part of the family.**
5. Being responsible for chores at home can lead to being responsible for chores at a job later on and lead to greater independence as an adult.
6. 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.
7. 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 list of activities to think about doing with your child.

Home Living Activities: *Housekeeping Skills & Laundry*

As you grow older you learn new tasks that help bring you closer to independence as an adult.

You may or may not already be able to do some or all of these activities, but the following checklist gives you ideas to help build your independence skills.

Kitchen - keep kitchen clean

- Set the table for meals
- Take the dishes to the sink
- Wipe down the table after use
- Wash the dishes in the sink/load the dishwasher
- Dry the dishes/put away
- Take out the garbage
- Sweep the floor

Bedroom - keep bedroom neat

- Pick up belongings
- Make bed
- Dust furniture
- Vacuum carpet/sweep floor
- Put dirty clothes in the hamper
- Know when sheets need changing

Laundry - keep clothing clean and neat

- Gather dirty clothes/bed sheets
- Sort whites from colors
- Load washer/dryer
- Learn how to use detergent/softener
- Choose setting for washer/dryer with help and then without help
- Check lint trap - empty if needed
- Fold clothes
- Put clothes away with help and then without help

Bathroom - keep germs from spreading

- Identify cleaning products
- Choose appropriate cleaning products
- Clean the sink, toilet, bathtub/shower
- Sweep/ vacuum and mop the floor

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