Doing Chores is All Part of Growing Up
And Taking On Responsibility

1. It’s important for you to help around the house.

2. As you get older and learn new tasks, think about ways these new 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 work on organization.
   - Vacuuming helps to build muscles and hand-eye coordination.
   - Cooking is a great way to learn the importance of healthy eating.
   - Doing laundry to keep your clothes clean and tidy is a great way to make a good first impression for a job interview.

3. Be creative to find ways to modify tasks to do as much as you can on your own.

4. You will be counted on for helping out the family with chores. As everyone chips in, there may be more time for family fun.

5. Being responsible for chores at home can lead to being responsible for tasks at a job later on and lead to greater independence as an adult.

6. You may also find the following websites helpful in deciding on chores:

7. You may want to ask your parent/caregiver to help support you with learning new task. If they need to learn more on ways to help go to:
   - Over 50 Ideas of Chores for Teens: It has a brief article on giving directions on the “how-to-do” and what doing these activities will accomplish (goals, life skills, etc.) [http://parentingteens.about.com/od/chores/a/Chores-List-Kids-Teens.htm](http://parentingteens.about.com/od/chores/a/Chores-List-Kids-Teens.htm)
   - Ideas from other parents on ways to foster responsibility (page 14-15) [http://www.waisman.wisc.edu/naturalsupports/pdfs/FosteringSelfDetermination.pdf](http://www.waisman.wisc.edu/naturalsupports/pdfs/FosteringSelfDetermination.pdf)

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On the other side of this page is a list of activities to think about doing.
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
- Know when to mop 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
- Put clean sheets on the bed

**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

**Yard Work - keep the yard looking nice**
- Mow grass, trim bushes, rake leaves, pick-up sticks, weed
- Learn to use lawn equipment

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

[dscc.uic.edu](http://dscc.uic.edu) or like us on [facebook.com/dscc.uic.edu](http://facebook.com/dscc.uic.edu)