



## 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:
  - Household Chores Lead to Possible Job Skills: <http://www.easterseals.com/capper/our-programs/autism-asd-services/tips-for-parents/household-chores-lead-to.html>
  - 10 Lessons Children Can Learn from Doing Household Chores <http://www.housekeeping.org/blog/10-lessons-children-can-learn-from-doing-household-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>
  - Intellectual Disability: Promoting daily living skills in adolescents [http://www.sa.gov.au/\\_data/assets/pdf\\_file/0017/23381/intellectual-disability-promoting-daily-skills-adolescents.pdf](http://www.sa.gov.au/_data/assets/pdf_file/0017/23381/intellectual-disability-promoting-daily-skills-adolescents.pdf)
  - Ideas from other parents on ways to foster responsibility (page 14-15) <http://www.waisman.wisc.edu/naturalsupports/pdfs/FosteringSelfDetermination.pdf>

*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:

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