



Online Positive Parenting Training for Parents of Toddlers to Teens

AT-HOME JOBS FOR KIDS OF EVERY AGE

A sure-fire way for your children to
feel capable and significant

by Amy McCready
Founder of Positive Parenting Solutions

www.positiveparentingsolutions.com



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18 Months to 3 Years

- Turn off lights while being carried
- Help put groceries away
- Carry in the newspaper or mail
- Fold washcloths
- Get own cereal or snack from kid-friendly containers
- Take clothes out of the dryer and put into a basket
- Wipe down kitchen chairs with a damp sponge
- Put plastic dishes in the dishwasher
- Pick up toys and clothes
- Use small hand-held vacuum for spills/messes
- Put soiled diaper in diaper pail
- Tell you when the traffic light turns green
- Wash vegetables, tear lettuce, stir
- Clear unbreakable dishes from the table
- Help set the table: napkins, silverware
- Pour things while you cook
- Feed the pets and refill water (provide training)
- Unload non-sharps from dishwasher (with stool)
- Help clean own place at table
- Wake up sibling

7 to 10 Years Old

(All of the previous age group jobs, plus more...)

- Bathe younger siblings
- Help wash and vacuum the car
- Wash dishes; load and unload dishwasher
- Fix snacks, salads and light meals
- Help read recipes
- Run washing machine and dryer
- Change sheets on the bed
- Help with projects around the house
- Pack lunch for school
- Read to younger siblings
- Rake leaves
- Fold simple laundry items
- Weekly trash and recycling duties
- Put clean laundry away
- Dust baseboards
- Iron simple items—cloth napkins
- Vacuum rugs and dust furniture
- Mop floors (with training)

4 to 6 Years Old

(All of the previous age group jobs, plus more...)

- Get up in the morning with an alarm clock
- Put dishes in dishwasher
- Help find and count grocery items in the store
- Measure soap for dishwasher and start cycle
- Fold towels
- Empty dishwasher and stack dishes on counter
- Sort white clothes from dark clothes for laundry
- Prepare simple breakfast/lunch and clean up
- Transfer clothes from the washer to the dryer
- Help measure ingredients
- Clean own bathroom sink with wipes
- Assist in meal planning & preparation
- Water plants (provide training on how much water)
- Polish silver (wearing gloves)
- Make own bed – use a simple comforter
- Help wash pets
- Help with vacuuming, sweeping and dusting
- Help plant a garden
- “Swiffer” the floor
- Carry in firewood

11 to 15 Years Old

(All of the previous age group jobs, plus more...)

- Baby sit (with proper training)
- Plan route for family outings in consultation with driver
- Prepare full family meal 1 day per week
- More detailed house cleaning—refrigerator, toilet, shower
- Buy groceries from a list
- Wash and wax the car
- Comparison shop online for groceries
- Mow lawn, rake leaves, spread mulch
- Total responsibility for family pets
- Plant garden and flowers at change of season
- Laundry start to finish
- Operate electric tools for home projects (with training)
- Help in parent's business
- Help younger siblings with homework and reading
- Wash indoor windows and lower outdoor windows
- Organize closets and drawers

16 to 18 Years Old

(All of the previous age group jobs, plus more...)

- Run errands
- Take care of house/garden/car
- Maintain car
- Help with family budget
- Handle their own bank account
- Plan holiday decorating and events



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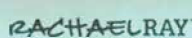
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