



Family Contributions

A guide for when kids can begin to learn each skill

Start slow

Offer encouragement










The goal is self-sufficiency by 18

They'll understand everyone has a role in a successful household

Future roommates and spouses will thank you













Age 2-3

-  Pick up toys
-  Clear place after meals
-  Make bed
-  Take clothes to laundry room
-  Put clothes in dryer
-  Put away laundry
-  Match socks
-  Dust furniture
-  Feed pets












Age 4-5

-  Take sheets off bed
-  Sort laundry
-  Make a small snack
-  Set the table
-  Clear the table
-  Help cook dinner
-  Carry and put away groceries
-  Water plants
-  Pull weeds
-  Fold towels













Age 6-9

-  Fold laundry
-  Put away laundry
-  Help cook (wash produce, find ingredients, simple cutting)
-  Empty dishwasher
-  Clean counters
-  Vacuum
-  Sweep the floor
-  Get mail
-  Rake Leaves












Age 10-15

-  Do laundry
-  Cook a meal
-  Wash dishes
-  Load Dishwasher
-  Take out trash
-  Clean the bathroom
-  Mop the floor
-  Mow the lawn
-  Wash the car
-  Fold towels



Age 16-99

-  Cook dinner 1-2 times a week
-  Go grocery shopping
-  Help with meal planning
-  Daily & weekly cleaning and maintenance
-  Yardwork
-  Car maintenance
-  Clothes shopping
-  Appointments - doctor, dentist, eye, haircuts, etc
-  Emotional labor - stay in touch with family