



Chores

Early Learning (Math, Cognitive)

Ask your child to **count** how many people and thus how many of each item will be needed at each place setting. Support your child to **gather** the items needed to set the table.

Ask math questions. "How much laundry do we need to do a load? How many cups do you see in the sink? If you wash half of the dishes, how many dishes will I have to wash?"

Fine/Gross Motor

Show children how to wash fruits and veggies.

Ask your child to help clear the table after meals. **Support** your child to do some of the dishes, i.e. non-breakable.

Laundry hoops - **throw** the dirty laundry into a basket; near and far, high and low

Show your child how to fold laundry. Start with a small towel to fold in half and then half again.

Language/Literacy

Whistle while you work! Teach your child how to whistle. **Whistle** familiar tunes and make up melodies.

Describe what you are doing when you are doing a chore. **Describe** what your child is doing while he is doing the chore.

Social/Emotional

Make visible the chores everyone is doing and **positively notice** them getting done.

Change up the chores. Trade if there is a less-liked chore.

Do chores together.

Self-Help

Simple chores like making the bed, picking up after themselves, and taking care of pets are a great place to start.

Bring your child alongside you as you do chores.

Add more responsibility as they mature.