

Why it's Good to Give Your Children Chores

The family is our first experience of society, where we begin learning essential skills for life. To celebrate Youth Skills Day, we highlight the importance of helping children develop responsibility and valuable skills through age-appropriate activities at home.

1. It builds confidence and essential skills

Chores help children build confidence and develop skills like organisation, leadership, teamwork, and problem-solving. A child who learns to contribute to the household is more aware of responsibilities and better equipped to handle tasks efficiently.

2. It strengthens family bonds

Children who help with chores lighten the load for other family members and contribute to a smoother-running household. A child tidying the family room or feeding the dog reduces a parent's workload, creating more quality time together. Shared responsibilities promote a harmonious and connected family environment.

3. It teaches responsibility and value

Completing chores, such as vacuuming or mopping, teaches children independence and the importance of contributing to their home. It enhances their self-esteem, sense of belonging, and ability to use time constructively. Children who do chores are also less likely to feel bored!

Age-appropriate chores

Toddlers (2-3 years): Sort laundry, dust, wipe spills, tidy toys.

Preschoolers (4-5 years): Make beds, water plants, wash plastic dishes, feed pets.

School-age children (6-11 years): Load the dishwasher, take out rubbish, vacuum, assist with meals.

Teenagers (12-18 years): Wash the car, mow the lawn, prepare a family meal, help with repairs, grocery shop.



Toll-free:

Request a call back: ***134*905#**

Get in touch online: <http://app.lyrawellbeing.health/>

Your company code:

lyra wellbeing

<https://childdevelopmentinfo.com/chores/the-ultimate-list-of-age-appropriate-chores/>
<https://www.un.org/en/observances/world-youth-skills-day>
<https://raisingchildren.net.au/preschoolers/family-life/routines-rituals-rules/chores-for-children>