

Age Appropriate Chores

Source: Ohio State University: Extension, Handout 3 - Sharing Tasks

Ages 2-3:

Many of these jobs can be done with assistance from you. Pick one or two that the child can do consistently rather than the whole list.

- Undress
- Hang clothes on hooks
- Dress (with help)
- Simple grooming (wash face)
- Pick up toys
- Help make bed (e.g. put pillow on)
- Empty bedroom waste basket
- Place dirty clothes in hamper

Ages 4-5:

Match new skills and increased challenges. Increase the number to four chores per day.

- Dress
- Hang clothes on hooks
- Simple grooming (wash face, brush teeth & hair)
- Pick up toys
- Tidy room
- Set table
- Clear dishes from table
- Take out small trash baskets and/or collect newspapers
- Take bath (some assistance still needed)
- Place dirty clothes in hamper or laundry area
- Sort socks
- Collect mail and put in designated place
- Sweep kitchen floor (with child size broom)
- Dust low uncluttered shelves or tables
- Water plants
- Feed and water pets
- Put tricycle away
- Help load dishwasher
- Help make snack foods
- Pull weeds (with help)
- Help put away groceries
- Wash off outside toys and equipment

Ages 6-7:

Offer a choice of jobs at this stage or use the job jar idea.

- Dress
- Hang up clothes
- Most grooming (wash face)
- Make bed
- Tidy room
- Shake rugs
- Feed pets

- Make snacks
- Assist with meal preparation
- Organize school items
- Take dirty clothes to laundry area
- Do simple laundry tasks with help (e.g. fold clothes, wash and dry towels)
- Sweep kitchen, walks, patio, deck, or garage
- Bring in firewood
- Clean bathroom sink
- Place toilet tissue on roll
- Straighten shelves
- Rake leaves and grass
- Water plants
- Help put away groceries

Ages 8-10:

Five chores daily. In addition to the chores previously listed.

- Pick fruit
- Wash dishes
- Clean out drawer or straighten a shelf
- Wash sink, toilet and bathtub
- Clean up after pets in yard, etc.
- Simple meal preparation
- Strip bed
- Use clothes washer and dryer
- Sort laundry by color, wash, dry, fold and put away clothes
- Learn to sew
- Wash a mirror or window
- Help adult clean out refrigerator
- Mop floor
- Paint fences or garage shelves (with help)
- Polish silverware

Ages 11-12:

This group could do five chores per day. Add these to the previous list.

- Help younger children make bed or get dressed
- Vacuum traffic area of carpet
- Do some shopping with a list
- Make own breakfast
- Pack family lunches
- Help serve meals
- Do family wash
- Polish furniture
- Bake
- Mow lawn
- Clean appliances