

Tips for Household Chores

Here is a list of every day household chores that you can have your child help you with so that you can create opportunities for learning while getting things done around the house. It may take a little longer to include your child in these activities but this is a great way to teach functional skills while working on things like following directions, imitating, matching, sorting, sequencing, and expanding their vocabulary.

These are suggested activities for your children. You know your child best and if the activities do not match your child's skill level or interest it is our recommendation that you do not do the activities. Your child should be supervised by a responsible adult for all activities to ensure their safety.

Household Chore	How to Include Your Child
Making the bed	Talk about each step as you are doing it, have your child do the steps along with you. Make this a part of your routine each morning and pause every once in a while to see if your child will do the next step on their own.
Cooking	Having your child help you cook can be a fun but messy! Be prepared for the process to take a little longer and require a little extra clean up time. When you are cooking with them you can: model language about the steps you are taking, ask them to hand you a familiar item, ask them to give you a specific quantity of an item, have them help measure ingredients, have them help mix ingredients, talk about how something looks or smells, have them taste a new ingredient (if it's safe) and talk about how it tastes, if it is a simple recipe have them follow the steps to make it themselves. Adults should always be supervising any cooking activities.
Setting the table	Print out a picture of what a place setting should look like and have your child match the plate, utensils, cup, napkins to the place setting or set the table for one person and have your child use that as a model to help set another place setting. Over time see if your child can set the table on their own.
Cleaning up after meals	Have your child take their dishes to the sink when they are done eating. They can help you wash the dishes or help you load the dishes into the dishwasher. Talk about the clean up process as you are cleaning up ("your napkin is dirty, so that goes in the trash, this chicken is for lunch tomorrow so we'll put that in the fridge").
Laundry	Have your child help you sort laundry to put it in the wash (towels vs. colors vs. whites). Have them help you put the clothes into the washer

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	and move them into the dryer. Have your child carry or push the clean laundry basket of clothes to their room and have them help you sort and fold the laundry. Have them practice matching by putting pairs of socks together.
Vacuuming	If the noise of the vacuum doesn't bother your child have them help you vacuum. Show them how to push the vacuum (and watch out for the cord!) they could push along with you or try doing it themselves if they are tall enough.
Loading/unloading the dishwasher	After meals have your child put their plate, cup, utensils in the dishwasher. You can model language like, "cups go on the top and the big plates go on the bottom." When the dishwasher is clean have them help put the dishes away. They can practice sorting by helping to put the silverware away.
Gardening	Spring is finally here! Spend some time outside with your child and get your gardens and flowerbeds ready for spring. Have your child help you pull up the weeds; you could count to see how many you can get. You can also have them help dig holes to put new plants or seeds in the ground. Talk about the different steps as you are completing each step. Have them help you water the plants and make it part of your routine to have them help you with the upkeep. Take pictures of the different stages of the plants and go back and talk about them after the plant has grown.
Dusting	Give your child an extra cloth or Swiffer. Have them imitate your actions as you are dusting. Model language to them about the different things or rooms that you are dusting.
Cleaning up the playroom	While you are on your conference call the toys have gone everywhere! Have your child clean up their mess! Start by showing them where things go and giving clear directions, "the blocks go in this bin and the food goes in this bin." Help them sort different items by the type of toy as they are cleaning up.
Feeding the pets	If you have pets have your child help you get their food. Count out the number of scoops together. Talk about if their bowl is full or empty. Make this a part of their routine that they help with daily.