

## Tips for Getting Started

**Start small:** Begin with simple tasks and add on as they grow. Praise their efforts: Acknowledge when they've done a great job, no matter how small. It builds motivation!

**Work together:** Sometimes it helps to do chores side-by-side; kids love working with their whānau.

Encouraging our tamariki to help around the house isn't just about lightening the load - it's about raising confident, capable, and caring people who understand the value of helping and contributing.

# Chores

## and why they're good for our kids



## Why Chores Matter

**Life skills:** Chores teach practical skills that our tamariki will carry with them - cooking, cleaning, caring for animals, and more. It's about setting them up for their future.

**Sense of responsibility and team:** Giving kids regular tasks supports their sense of responsibility and accountability and that your whānau works as a team - you all have important roles to make the team great!

**Supports self confidence:** Completing chores boosts kid's confidence. They feel a sense of achievement when they contribute.

**Work ethic and perseverance:** Doing regular chores, even when it's not 'fun,' builds perseverance, patience and supports the idea that sometimes we have to do hard, unenjoyable things to lead to the greater good. This is valuable learning for school, sports, and life.

## Age-Appropriate Chores

Every child is different, so adjust chores as needed.

Here's a rough guide to what works well at different stages:

### Preschoolers (Ages 3-5)

At this age, kids love to help, and they're capable of simple tasks. Keep chores quick and fun, focusing on building routines.

- Feeding pets with supervision
- Putting toys away
- Wiping up spills
- Placing dirty clothes in the laundry basket
- Helping set the table
- Bringing in the mail
- Carrying things from the car and help keep it clean
- Helping take the bins out - preschoolers are great company & love 'bin night'!

### Primary Schoolers (Ages 6-12)

By primary school, kids can handle more responsibility and learn specific skills. Here's where you can start to give them ownership over certain tasks.

- Making their bed each morning
- Helping to pack or unpack their lunchbox
- Watering plants, weeding the garden or picking fruit/veges
- Washing and drying dishes or loading the dishwasher
- Vacuuming or sweeping specific rooms
- Helping prepare meals
- Putting the bins out

### High Schoolers (Ages 13+)

Teens are ready for greater independence and can take on tasks that require planning and decision-making.

- Preparing simple meals for the whānau
- Mowing the lawn or taking care of outdoor areas
- Managing their laundry - washing, drying, folding
- Babysitting younger siblings (from age 14)
- Organising and cleaning their room or other areas of the house
- Loading and unloading the dishwasher
- Cleaning the car

