



Age Appropriate Responsibilities for Children

It is important to assign your children responsibilities as team members of your family. Provide your children and teens with age-appropriate tasks, making sure you spend time teaching your child(ren) how to master a specific task. Try and not overwhelm your children with too many tasks at once. Consider each child's ability and temperament. Expect your children to be responsible and they will be.

<p>Appropriate Responsibilities for Children Ages 3-4</p> <ul style="list-style-type: none"> ● Make bed ● Brush teeth and hair ● Put shoes away ● Unpack and hang up backpack ● Put lunch in the backpack ● Put toys away ● Put napkins on the table ● Put personal dishes on the counter ● Put dirty clothes in the laundry basket ● Empty room/bathroom trash cans ● Feed and brush furry pets ● Bring in all personal items from the car 	<p>Additional Appropriate Responsibilities for Children Ages 5-7</p> <ul style="list-style-type: none"> ● Bring in the mail ● Take a shower/bath independently ● Clean room independently ● Set the table properly ● Help cook dinner ● Put dishes in the sink ● Clear the table ● Empty their lunchbox ● Take out the trash and recycling ● Pick out their outfit the night before school ● Water plants ● Bring in light grocery bags
<p>Additional Appropriate Responsibilities for Children Ages 8-9</p> <ul style="list-style-type: none"> ● Unload/load the dishwasher ● Sweep ● Dust ● Vacuum ● Do personal laundry ● Put away all clothes ● Put away the groceries ● Packs lunch ● Make lunch for school ● Help cook dinner ● Wash toilets 	<p>Additional Age Appropriate Responsibilities for Children Ages 10-11</p> <ul style="list-style-type: none"> ● Fold and hang up clothes ● Mop bathroom floors ● Clean bathroom mirror ● Rinse dishes before putting them in the dishwasher ● Unload the dishwasher ● Change bed sheets and fold clean sheets ● Unload the dishwasher ● Pull weeds/ Rake leaves ● Put the groceries away independently ● Walk the dog/Clean the cat litter
<p>Age Appropriate Responsibilities for Teens</p> <ul style="list-style-type: none"> ● Change light bulbs ● Mow the grass ● Replace vacuum cleaner bags ● Clean out the refrigerator, stove, and microwave ● Cook dinner ● Clean out the garage ● Pet sit for others 	<p>Other Responsibilities for Your Child(ren)</p>