



Age-Appropriate Jobs

Below is a list of possible age-appropriate jobs children could do to contribute to the wellbeing of the family at home. Have parents fill in the “jobs” section of the make-n-take with the jobs they are going to encourage children to help with at home.

Ages 2-3

At this age, children are naturally inclined to help. Our guidance assures their safety and helpfulness. Toddler jobs require significant encouragement and teaching from us. Keep tasks short, simple and conducted throughout the day rather than attempting long stretches of chores all at once. These are among the tasks children can help with:

- Putting away toys
- Unloading silverware and plastic cups from the dishwasher
- Helping set table (plastic cups, silverware, napkins)
- Dusting
- Holding the dustpan while an adult sweeps
- Drawing thank you pictures
- Putting clothes in the dirty clothes hamper
- Helping put clothes away
- Helping make bed
- Filling pet water and food bowls (with supervision)
- Helping clean up spills

Ages 4-5

Our continuing guidance is essential as tasks become more complex. Children’s independence is increasing, but they require ample encouragement, modeling and assistance staying on task. Break big jobs into smaller parts, and be patient in teaching and re-teaching how to do things. Make certain children have visuals to assist them in organizing and remembering their chores. These are among the tasks children can help with:

- All chores listed earlier
- Cleaning their room (broken down into smaller tasks like “put your books on the shelf”)
- Loading the dishwasher
- Vacuuming
- Helping prepare food (washing produce, measuring ingredients, stirring)
- Setting table
- Clearing table
- Wiping out bathroom sinks and counters
- Matching socks
- Folding kitchen towels
- Putting a new bag in the trash bin
- Weeding
- Drawing thank you cards and signing name
- Helping make beds
- Helping carry groceries
- Sorting laundry by color

Ages 6-8

Children are capable of doing many tasks on their own, but are still developing executive skills like time management, organization and attention. Our encouragement, modeling and assistance staying on task remain key to their success as we scaffold their skill development. We must be patient as we teach and re-teach how to do tasks if the quality or form starts to slip. Children can manage their own job organization charts. These are among the tasks they can help with:

- All chores listed earlier
- Helping prepare food (washing, measuring, stirring, collecting ingredients, soft cutting)
- Dry mopping and sweeping
- Wet mopping with a 1-piece system (not mop and bucket)
- Raking
- Taking out garbage
- Folding laundry
- Wiping down kitchen counters
- Wiping down microwave
- Filling and emptying dishwasher
- Writing simple thank you notes
- Folding laundry
- Putting laundry away independently

