

## PEP TOOLS

# Sharing Responsibilities

Below are some suggested responsibilities for children by age. Readiness for these tasks varies. Remember, all tasks require training by the parent, and each set builds on the skills of the previous ages.

### FOR 2 & 3 YEAR OLDS

Pick up and put away toys • Stack books and magazines • Set table with unbreakable plates and utensils • Help load and unload dishwasher • Help put groceries away • Choose between 2 or 3 options, such as which shirt to wear • Simple self-care: dress and undress, wash face, brush teeth (with help).

### FOR 4 & 5 YEAR OLDS

Make a sandwich • Prepare a simple breakfast and clean up • Help with meal planning and shopping • Pour from a pitcher or carton • Rinse and tear lettuce for salads • Select an outfit and get dressed • Scrub sink, toilet and bathtub • Clean mirrors and windows • Yard work: pick up sticks, pull weeds, plant seeds and flowers • Help clean out car • Vacuum, sweep and dust • Sort laundry • Pay for small purchases.

### FOR 6 & 7 YEAR OLDS

Choose clothing according to the weather • Water plants and flowers • Peel and cut vegetables • Cook simple foods for the family • Prepare school lunch • Hang up clothes • Mop the floor • Rake leaves • Carry in groceries • Awaken with an alarm clock • Feed and care for pets • Fold laundry.

### FOR 8 & 9 YEAR OLDS

Straighten closets and drawers • Shop for and select own clothes and shoes with help • Sew buttons and tears • Write thank you notes • Operate washer and dryer • Select groceries from a list and comparison shop • Set out breakfast for the family • Wash the car.

### FOR 9 & 10 YEAR OLDS

Change sheets on bed • Cross the street • Prepare a simple family meal and clean up • Do chores without reminders • Spend allowance money responsibly.

### FOR 10 & 11 YEAR OLDS

Earn money as a "parent's helper" • Be home alone for up to 2 hours • Budget money and have bank account • Buy clothes using a clothing allowance (with guidance) • Take a bus with a friend • Join organizations and attend meetings with parental oversight • Mow lawn • Cook family dinner once a week • Do family laundry • Help with younger siblings.

### FOR MIDDLE SCHOOL STUDENTS

Choose own bedtime (contingent on getting up on time in the morning) • Negotiate how late to stay out (with parental oversight and contingent on responsible behavior) • Take responsibility for planning meals • Do family grocery shopping • Plan the route for a family outing in consultation with the driver • Change oil and other fluids in the car • Do regular yard maintenance • Balance the family checkbook • Make small household repairs (nail pops, paint touch-ups, change fuses, fix dripping faucets) • Babysit for siblings (age 8 & older) and, when sitter is 13, for other families, although not overnight.



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