



Morning and Evening Chores

Research has proven that doing chores helps children learn the value of work and making a contribution to the family. Children who do chores at home are more willing to work hard at all tasks, including schoolwork. Therefore, children need a specific set of duties to be fulfilled each day, which could be presented in the form of a checklist that follows a logical sequence. The list teaches order, accomplishment, helpfulness, and the advantages of being organized, which are all personal responsibilities of being a kindergartner. The checklist also helps you and your child work together to practice the chores on the list and check off the day on Uncle Dan's Report Card that the chore was completed. You and your child are on the same team, encouraging the behavior, which builds a positive relationship between you two—another bonus from doing chores with a checklist!



Ways to practice this habit together:

- **Make a chore checklist with your child that will include those things you agree would make your home organized, clean, and safe.**
- **Point out the chores that are your personal responsibility and those that are his.**
- **Share stories with your child about chores you did as a child.**
- **Do chores with your child to make the activity a habit that is seen as fun and special because you're sharing time together.**
- **Let your child check off the chore on the chart when he's done to recognize that he's taken care of his personal responsibility.**
- **Praise your child's effort in completing the chores on the checklist.** Praising effort, rather than the completed project, encourages children to give good effort in any assigned task. Say, "I'm so glad you made your bed. Your effort makes your room look so nice."
- **Use privileges as incentives to complete chores by using Grandma's Rule.** Say, for example "When you have emptied the waste baskets, then we can read a story. This teaches your child the positive consequences of taking personal responsibility for his own "work."

Sample Chores	DAYS OF THE WEEK						
	S	M	T	W	TH	F	S
My Morning Checklist							
Make bed							
Straighten room							
Feed and water pets							
My Evening Checklist							
Empty wastebaskets							
Set the table for dinner							
Clear the table after dinner							