

Age-Appropriate Responsibilities

building skills for success and the antidote for anxiety

Toddler: Ages 2-3

- Put diaper in the trash
- Cleaning up toys
- Putting dirty clothes in laundry bin
- Feeding pets (with supervision)
- Help parent clean floors (with vacuum or mop)

Pre-school: Ages 4-5

- Assist with making bed
- Bring items from car to the house (groceries or personal items)
- Assist with setting and clearing the table
- Sorting clothes
- Putting laundry away
- Filling pet food and water bowls independently
- Getting the mail with supervision

Primary: Ages 6-8

- Making the bed independently and daily
- Getting the mail independently
- Setting and clearing the table
- Putting laundry away independently
- Make a simple snack
- Assist with dinner prep using safety utensils
- Watering plants
- Vacuuming independently
- Loading the dishwasher

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Pre-teen: Ages 9-12

- Maintain a clean bedroom
- Responsible for homework
- Writing invitations and thank you notes
- Changing the bed sheets
- Wash dishes
- Wash car with supervision
- Walk the dog or let out the pets
- Clean bathroom with supervision
- Taking the trash to the curb and returning to the home
- Using washer and dryer with minimal support
- Prepare simple meals independently
- Mow lawn with supervision

Teenagers: Ages 13-17

- Responsible for all personal chores: laundry, clean room and bathroom, putting clothes away, homework
- Developing independent ideas to earn spending money beyond their responsibilities
- Maintaining the car they drive (gas, tire pressure, oil changes)
- Complete independent yard work (tending garden, mowing lawn)
- Prepare meals
- Manage money with support
- Making a grocery list