



LET'S DO CHORES

Importance of Doing Chores

One of the predictors of success as an adult is participating in chores during early childhood

1. Engaging in chores can **enhance children's cognitive development**, including attention, memory, planning, organization, time management etc.
2. Participation in chores **prepares children and adolescents for work, vocational roles**, and independent community living.
3. Doing chores helps children to **develop a sense of responsibility** and **improves their ability to deal with frustration** and delayed gratification.
4. Chores **boost children's self-esteem** as they feel valued and make contribution to family.

Developmental Sequence of Doing Chores

A child can start doing simple chores when they can follow one-two step directions.



(O'Brien & Kuhaneck, 2020)

Promoting Your Child's Chores Participation

- **Make Chores Part of the Routine:** Establishing a routine helps children understand what is expected and reduces power struggles, making chores more manageable.
- **Use Positive Reinforcement:** Encourage repeat behaviors through verbal praise, stickers, or small rewards.
- **Involve Children in Decision-Making:** Let children choose their chores to make them feel invested and responsible.
- **Model Behavior:** Children learn by observing, so parents should demonstrate the desired behavior.
- **Be Specific with Instructions:** Give clear, concrete requests to help younger children develop basic household skills.
- **Make it Fun:** Turn chores into enjoyable activities with music or games, and work alongside your child to make the experience engaging.



(Chores and Responsibility, n.d.)



INTERVENTION FOR CHORES



Visual Supports

Create visual supports including visual schedule, visual cues in the environment and video modeling or prompt. Visual support can be created using real life photos or icons.

Task and Environment Modification

Example:

- Put dog food in a smaller container so youth can pour food into dog bowl, rather than lifting the large bag.
- Using handheld vacuum for crumbs instead of sweeping the floor.



Technology Supports

Some smartphones and other handheld devices can be used to provide reminders or to remember sequences or lists (e.g grocery list).

Address Chores across Practice Settings

The outcomes are greater when IADL can be addressed within natural environments, such as home, grocery, and school, etc. OT can use strategies to increase the likelihood of skills generalization, such as simulating environment and closely collaborating with child's family to identify that will easily to carry over at home or in community.

Education to Support Establishing Skills

- Establish house chores skills: Consult with a caregiver to establish a chore routine that supports the caregiver's needs and provides the opportunity for the child to demonstrate responsibility and develop useful life skills.
- Educate parents to provide appropriate guidance for children doing chores. Younger children require more direct, action-oriented, and clear step instruction, such as stack books back to the shelf, put away the toys in toys box etc.

(O'Brien & Kuhaneck, 2020)

