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Kids chores and reward system

Find a tricky thing your kid loves to do, and start a habit of wanting to help that will last a lifetime. To get your young children into the habit of helping out with chores, you need to figure out who they love to do. (Tackle the complex and boring ones as they get older.) You may have seen lists of chores organized by age, but who can do what and when different from child to child, depending on ability, readiness for development, interests, and any special needs. The following lists are grouped in a way that I have found to be much more user friendly. As a rule, if you assume that your child is not ready yet, let her try anyway, and prepare to be surprised. RELATED: Why Chores Matter These are the kinds of hosting jobs that don't need to be done in a certain way (or, frankly, at all), making them just right for those very little helpers who may be impatiently expecting guests. Just give them plenty of time and independence. Design place card Make a centerpiece from pinecones, fruit, gourds, or branches Arrange flowers in a vase Organize a plate of cheese and biscuits Table cloth table These tasks exploit the truest passions of younger children: the simple pleasures of water and dirt; the technical thrill of gadgets; the deep satisfaction of sorting and matching. As Roberts puts it, for children, work engages their interest, curiosity, minds and abilities. Weed Garden Everything with Water: Wash salad greens, scrub potatoes, give plants a drink, pour water into glasses from a small jug Sort cutlery from the dishwasher Hook up clean socks Use tools or gadgets to pit cherries, slice eggs, or puree potatoesRELATED: Ways to motivate kids to do chores as your kids get older, they can take on tougher tasks in the world of cooking , cleaning and maintenance—tasks that may not be fun but provide some satisfaction. At the very least, these chores offer children concrete proof of their efforts: a fed cat spinner, shaved leaves become satisfying piles, a newly raw egg emerges from the forehead ready to eat. Make a simple meal or snack Dust surfaces with a damp cloth Sweep the floor Vacuum carpet Fold clean T-shirts, dish towels, or washcloths Feed and brush pets Rake leaves These are the ones that need to be made, recur continuously, and are not in themselves funny. Some kids might love them, so try not to assume the worst or tip your child off that he should be unhappy. And make sure he feels good about it by saying: Thank you very much or I appreciate your help. Clean the table and load the dishwasher Dry dishes and, for older children, wash them Use a sponge to dry the dishes, stovetop, and sink Take out the trash and sort recyclingA toys away and clean up a playspace Sharing chores among your children in an organized and effective way is important for their development and important to your sanity as a parent. Chores teach children responsibility, improve self-esteem, and give them a sense of accomplishment. Giving a child chores prepares independence when they move away. When you have a large family, having the kids help around the house is important to you as a parent. When your household includes six or more members, one or two people alone will not be able to keep things smooth. You need everyone to throw in. Otherwise, you will not only feel overwhelmed, but you can develop feelings of resentment. This can lead to having a shorter mood with your kids or partners. Nobody wants that! Here's how to divvy up chores among your kids in an efficient and positive way, and keep your home going smoothly. How old should the children be when they start participating in chores? Honestly, as soon as they're old enough to follow the directions. A child aged one or two years can already follow a simple, one-step instruction that put this toy in this box. Even if you can't assign an 18-month-old child chores, you can get them up and running by having them be a helper in cleaning up their own toys or even carrying their plastic plate or cup to the dishwasher. When it comes to assigning chores, the age most children are ready is three or four. Children of this age can follow three parts directions. (Get your cup, pour extra water into the sink, and then put it in the dishwasher for me.) They are also at an age when they are happy to help. According to the classical development almesheer and psychologist Erik Erickson, children aged three to six years are about initiative and volunteering. I want to help, let me! is something that is often heard from children of this age. Some parents, however, hesitate to allow the children of this age to help. Since a three-year-old's help can sometimes require more effort than the adult who does tricky themselves, some parents may be tempted to say: I do this, you go and play. Resist the temptation to reject your preschooler's help! Let them have their own chores, although you will have to go back and redo them. (Or lower your standards so they can do their chores incomplete.) Allowing your preschoolers to help will be to your advantage in the long run. When they are old enough to complete chores effectively, they will already be used to help. Also, your child's developmental needs at this age are to feel that they are important and can be of service to others. Letting them experience that role and feel a sense of accomplishment will build their confidence and support in their development. What chores can you assign to a three-year-old? Or for a six-year-old? How about your 12-year-old? This will depend on the child, because each child is unique. You know if your six-year-old is able to load the dishwasher better than anyone else. That said, here are some general guidelines to consider. Make your own bedPut away their toys in the bedroomSet table for a mealHelp feed petsClear their plate after meals Press the button to start the dishwasherSweep the floors (especially if you can get a child size and wipe surfaces with waterDust low-to-ground furniture (at their height) All of the above plus... Loosen the dishwasherEnDry dishesWhole collect dirty dishes and bring them to the kitchenWipe down tables and surfaces (with water and some washing-up liquid)Fold clean towelsPull sheets and pillowcases off their own bedsCollect toys throughout the house and put them awayRake leaves All the above plus ... Help scoop up pet poop in the yardPull weeds in the yard with glovesHelp carry in groceries and put them awayWash fruits and vegetablesPeel and cut fruits and vegetables with supervisionAssist with cooking basic foods in the toaster or microwave and the following directions, with supervision Pack your own lunch with supervision Load the dishwasherUse the vacuum cleanerPut the pillowcase and sheets back on their bed (although they may need some help)Fold their own laundry and put away All Plus above... Press a lawn mower Shovel snowThepromenade family petClean using eco-safe cleaning suppliesCollect their own laundry and put it in the washing machine and dryerAssist with folding and put away the families laundryHelp create a food item listHelp to selected groceries in the store with a listPack younger siblings lunchesCook using the top of the stove and inside the oven, with supervision Washing by handRemove the trash can (depending on how heavy it is)Mop floorHelp with cleaning out the refrigerator and wiping down surfacesClean bathroomsHelp younger siblings clean their roomsBabysit younger siblings All the above plus... Clean with the help of regular cleaning suppliesLarge cleaning projects such as cleaning the oven, freezer, or cleaning behind appliancesChange light bulbs or assist with household repairsLoad family laundry in the washing machine and dryerIron clothesOperate a riding lawn mowerGo to the store and buy groceries with a list All the above plus ... Driving younger children to school or leisure activities When assigning tasks, remember that it is not only about the child's ability to safely perform a chore, but also the child's ability to concentrate and patience. If a chore is too complicated, takes too long to complete, or is overwhelming (like lots of toys scattered across a large area), the child may feel upset and refuse to even try. Think about how you feel when you look at a very cluttered house and need cleaning. You'd probably rather go online or watch TV than clean, too! For younger children who feel overwhelmed by a task, break down the job into smaller parts. You can also use a timer. (I'll set this up for 10 minutes, and when it expires, your job is done.) Offering to complete tricky alongside the child can also reduce the feeling of overwhelm. Depending on the size of your family and age groups, you may want to consider using a friend's system. You can pair siblings of close age (10-year-old with the 12-year-old), or you can pair older siblings with a younger helper sibling (pairing with the 12-year-old). Pairing an older sibling with a younger one can help train the younger child in what kind of job they are helping the older sibling with, and teaching the older child how to become a good mentor and role model. It's a win-win situation! For siblings who share a bedroom, while you are likely to assign all the siblings in that room to keep their own space arranged and clean, you may want to help them split tasks. Depending on the maturity and relationship between siblings, fights can break out over who does not help, who is messier, or whose mess belongs to whom. One way to reduce these arguments is to have them have a sibling meeting (like a family meeting, but less!) to determine jobs between each other. If they make the plan and make decisions on their own, they will be more likely to implement them. You can attend their meeting as a mediator and advisor. Let them set the rules, print them, and assign tasks between each other. Is it safe to have your nine year old peeling and cutting carrots? Is it safe for the seven-year-old to put glass cups back on high shelves? This depends on your child's individual temperament and maturity, as well as your time monitoring and educating them on how to perform tasks safely. Security also depends on giving them secure tools to complete their chores. Have a sturdy kitchen stepping stool. While your child may stand on a kitchen chair to put something away, it is likely safer for them to use a real kitchen ladder. Store things in areas that can be reached. Or don't have the child put away something they can't safely reach, especially if it's breakable or heavy. Make sure toxic cleaning supplies are locked up. Also, teach the older children who have purchased in use cleaning supplies why they need to put them away safely to protect the small one. Remember: environmentally friendly cleaning products do not mean child-proof. Safe for the earth does not always mean safe for children. Even a non-toxic cleaning product can cause great damage if it comes into a child's eyes. Giving younger children a simple spray bottle of water is safest. As they get older, you can get them to use gentle cleaning products. Teach kitchen security to every child. Your nine-year-old can safely peel and cut vegetables, but only if you show them the right way to hold vegetables and knife. Taking the time to learn them will pay off in the long run when they start making dinner for the family at the age of 12! Teach your children first aid. What if the 12-year-old accidentally squirts cleaner into the annoying five-year-old's face? What if while cooking, a fire breaks out in the kitchen? What if they cut themselves? Teaching your children first aid is important, no matter what chores you assign to them. Having a fire extinguisher in the kitchen is not good if none of the children know how and when to use it. Always have emergency phone number and your home address and phone number posted on the kitchen fridge as well, if someone needs to call 112, the information is available. The Red Cross has babysitting classes for children from the age of 11, where they will learn first aid and CPR. Whether your child is babysitting, registering them for the course is a good idea. Should children rotate chores, or should they keep the same chore over longer periods of time? There are advantages and disadvantages to both methods. Pros and cons of rotating chores: Fewer fights if they have an easier job, because everyone has a ride to do hard work and easily themMore fights if they didn't do their job right, so now I have to do more when it's my turn. Everyone gets experience in different choresKeeping traces of whose job it is today vs. tomorrow can get complicated Completing chores is less boring because it always changes Pros and cons with consistent responsibility: No question of whether it's their job today or not-it's always their jobBarnet can get into a groove and get used to their choreff they're not good at tricky, that area/job can always require additional help or follow-up from youCan get boring to have the same chore every dayMore arguments over their chores are easier than mine or when will it be my turn to... Or you can aim for a smooth medium and rotate occasionally. In other words, you may want to assign a child chores for a period of weeks or months and then rotate them every three or six months. You may have certain dates, such as the beginning or end of a school year, that mark when chores are rewritten. Another option: if everyone is okay with their assigned tasks, you can only have kids keep the same chores all year round. You may want to reconsider the tricky responsibilities on the child's birthday, so they can help with new tasks as they mature. The hardest part of assigning chores to children is learning to be okay with the job being done differently than you would have preferred. You, of course, want your child to learn how to complete the tricky right, but if you constantly correct them or do it again after them, they will feel discouraged. They don't want to help anymore. Ways to deal with this issue include... Praise effort, not results. I see you worked hard to dry that kitchen table. Give constructive criticism a lot sometimes. Correct them from time to time, not every time. Lower your standards. If you have a large family, you won't be able to keep things pristine clean at all times though. Let your kids do a good enough job. If you're going to redo or go back over their chore, do it when they're not around. Don't rearrange the dishwasher while they're standing there looking at you. They will feel bad for not doing it right and don't want to help next time. Wait until they are at school or in bed for the night, unless it is absolutely necessary to do it redone (if it is a safety issue, for example.) Remember, they're just kids. If your expectations are unrealistic, you will be Remind yourself they're children. They're not adults. Even some adults don't seem to be able to do chores right! You may want to consider taking pictures of chores done correctly, to guide the child. For example, if you want the toys to be arranged in a certain way, a photo of a clean play area and all the toys in their right places can help the child see what is expected. Some parents believe that children should receive financial compensation for chores. They see it as a way to prepare them for working life — effort means money. Other parents do not want their children to think that they can choose not to do their chores, and thus choose not to be paid. They think the kids will help around the house because they live at home. Everyone has to throw in. This is a personal family decision. A few things to consider when deciding whether to tie financial compensation to chores include... Children can expect more money to do extra chores. This may be okay with you, but it may not work for all families. Not all families can afford to pay what the chore is worth. Someone might be able to make an argument that paying a child much less than a chore is worth teaching him or her to accept exorbitant pay. Children can learn how to manage money by receiving a grant that is not tied to chores. You can tie other privileges, like TV or computer time, to chores instead. Some families pay to do extra chores but not for their usual chores. This may be more economically sustainable for large families. You can assign chores, but that doesn't mean they will do them. You also don't want a situation where you constantly nag the kids to get their chores done. Here are some things you can do to get your kids to help with fewer arguments. Start young. As mentioned, the earlier you start, the easier it will be to get their help when they grow up. Make expectations clear. Whether you have a general list of chores or use a fancy tricky calendar or chart, make your expectations clear. Be sure to clarify when a child is expected to do a chore as well. Right after school? Before bed? Before 6:00? After dinner? Before dinner? What happens if they don't do their job? Give them cleaning tools they can use and enjoy. For example, you may want to provide colorful cleaning clothes, small spray bottles of water that their small hands can hold, or a child-sized broom. Make it a game or play special cleaning music. Especially with small children, if you make it fun, it's more likely to get done. Clean alongside them. While this is not always possible, your children are more likely to want to help if they see that you are busy cleaning as well. Show a positive attitude when it comes to making your own household activities. They learn from looking at you. If you or your partner are constantly complaining about chores, then why wouldn't they complain too? Teach them why doing chores is important their development. You probably already tell your kids that eating their fruits and vegetables is good for their health. Explain how learning how to cook, wash, or help their younger siblings is good for their developmental health. Explain how help with chores helps them today. Why should they clean their rooms? Because then it will be easier to find the toys they want to play with. Why should they help in the kitchen? Because then mom or dad will have more time to spend with them. Maintain a routine but also be flexible. If a child has a large degree to study for, let them give their chore for the day to a sibling in exchange for taking over the sibling's tricky on another day. The tricky thing is if a child is busier all the time. Then you might want to sit down with that child and come up with their schedule best. Ask them what they want to help with. One child may be extra happy to help cook, while another loves to vacuum. Let them do what they want whenever possible. While your child learns to complete chores, you will learn how to assign and manage your children. You can start with a system that sounded amazing at first but just doesn't work. You may have failed to get your oldest children started doing chores at a young age, but your next kids you got them started younger. Just as you are forgiving of your children and focus on effort over quality, do the same for yourself. Don't be afraid to experiment or change chore systems. With time and patience, you will find a grove that works best for your family. Family.

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