

Age Appropriate Chores for Children

12 TO 18 MONTHS

Kitchen

Pour glass of water/milk using small jug
Add milk to cereal
Scoop cereal into bowl
Wipe spills with hand-mitt
Take plate to kitchen
Drink from a glass (use small amount of liquid to avoid large spills)

Bedroom

Fetch nappy/underwear
Dirty clothes to laundry basket
Open curtains
Choose between 2 options for clothing
Get dressed with assistance
Take off socks

Bathroom

Brush hair
Brush teeth with assistance
Wash hands
Pack away bath toys
Fetch and hang up towel

Other

Help to pack away toys
Fetch shoes
Help parent, e.g., "Can you bring me the watering can please?"
Turn on/off light switch

18 MONTHS TO 3 YEARS

chores above plus...

Kitchen

Prepare a snack/sandwich
Peel and slice banana
Peel mandarin
Peel and cut apple with assistance
Wash fruit and vegetables
Make orange juice
Set the table
Clear the table
Wipe table
Sweep floor
Use dustpan & brush
Make coffee for parent (push buttons on coffee machine/ fetch cup + saucer)

Bedroom

Help to make bed - pulling up duvet cover
Choose clothes
Get dressed with little help

Bathroom

Blow nose
Brush teeth
Wash body (use travel bottles to minimise waste)
Clean face

Other

Arranging flowers in small vases
Pack + carry bag/backpack
Put on coat
Put on shoes with velcro
Water plants
Tidy toys into baskets + return to shelf
Cleaning windows
Load/unload washing machine + dryer
Sort socks + clothing by colour
Fetch products in supermarket/ push trolley/help unpack groceries
Dusting
Put lead on dog + brush dog

3 TO 4 YEARS

chores above plus...

Kitchen

Unpack dishwasher
Baking (measuring and mixing ingredients)
Scrub and peel vegetables, eg, potatoes, carrots
Assisting with cooking, eg, making lasagne

Bedroom

Make bed (pulling up duvet)
Pack clothes into drawers/ wardrobe
Dress without assistance

Bathroom

Use toilet
Close toilet seat
Flush toilet
Place wet clothing in laundry area
Wipe after using toilet with assistance
Wash hair (use travel bottles to minimise waste)

Other

Feed pets
Help with recycling
Folding laundry
Folding socks
Vacuuming
Opening car door with remote