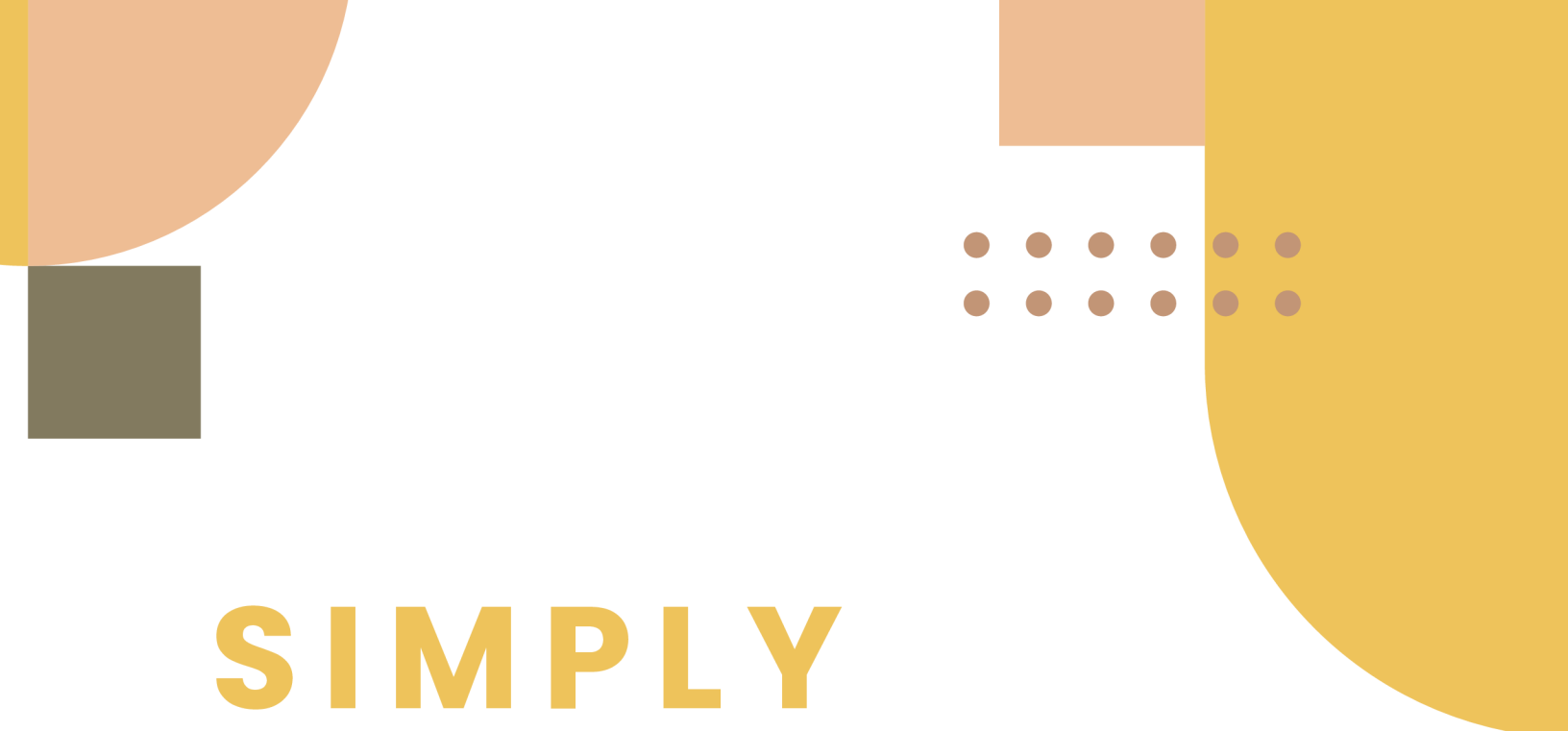




SIMPLY CHORES

SUMMER BREAK BRINGS FUN AND FREEDOM—BUT IT CAN ALSO MEAN A LOSS OF STRUCTURE. ONE GREAT WAY TO MAINTAIN BALANCE AND BUILD RESPONSIBILITY IS BY CREATING A FAMILY CHORE SCHEDULE WITH YOUR CHILD.





WHY DO CHORES MATTER?

- **LIFELONG BENEFITS:** RESEARCH SHOWS THAT KIDS WHO DO CHORES ARE MORE SUCCESSFUL AND HAPPIER AS ADULTS.
- **BUILDS KEY SKILLS:** CHORES DEVELOP CONFIDENCE, INDEPENDENCE, EMPATHY, AND A STRONG WORK ETHIC—EVEN IN PRESCHOOL-AGED CHILDREN.
- **RESTORES STRUCTURE:** A CHORE SCHEDULE HELPS MAINTAIN ROUTINE WHEN SCHOOL IS OUT.
- **FAMILY TEAMWORK:** SHARED RESPONSIBILITIES LIGHTEN THE LOAD ON PARENTS AND STRENGTHEN THE SENSE OF FAMILY COOPERATION.
- **POSITIVE REINFORCEMENT:** KIDS CAN EARN PRAISE, PRIVILEGES, OR SMALL REWARDS FOR KEEPING THEIR COMMITMENTS.

HOW TO USE THIS RESOURCE:

1. Sit down with your child to discuss age appropriate chores and decide together who will do what.
2. Write the chosen chores into the weekly chore chart. You can assign daily or alternating tasks.
3. Display the schedule in a central location (fridge, hallway, living room).
4. Make it fun! Use check marks, stickers, or magnets to track completed chores.
5. Review and update weekly or as needed.
6. Celebrate successes!

Bonus Tip: Let your child help decorate the chart to encourage ownership and pride in their responsibilities!



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