Age-Appropriate Chore Chart

Small jobs build big confidence. Start with one or two chores, show your child how, and praise the effort — not just the result.

Ages 2–3 — Little helpers

- ☐ Put toys away in the box
- ☐ Wipe up small spills with a cloth
- ☐ Put books back on the shelf
- ☐ Put dirty clothes in the laundry basket
- ☐ Carry a light, safe item to the table

Ages 4–5 — Growing helpers

- ☐ Make the bed (a "good enough" bed counts!)
- ☐ Water the plants
- ☐ Feed a pet, with an adult nearby
- ☐ Help set and clear the table
- ☐ Sort laundry by colour
- ☐ Tidy their own play corner

Ages 6–8 — Capable helpers

- ☐ Fold their own laundry
- ☐ Keep their room tidy
- ☐ Clear the whole table after meals
- ☐ Pack their school bag
- ☐ Help put groceries away
- ☐ Prepare a simple snack with supervision

My weekly chore tracker

Chore	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐
	☐	☐	☐	☐	☐	☐	☐

Tip: let your child choose one chore themselves — chosen jobs get done with far fewer reminders.