Chores by age

2–3	• Put toys away • Help unpack groceries • Get dressed with a little help
4–5	• Help feed the pet • Make the bed (bumps are fine) • Carry plates to the sink after dinner
6–7	• Wipe the table and counters • Put clean clothes away • Sweep the floor
7–9	• Load and empty the dishwasher • Help get dinner ready • Pack a school lunch
10–11	• Change the bed sheets • Clean the kitchen or bathroom • Help in the yard
12+	• Wash the car • Help with younger brothers and sisters
Teens	• Help with the grocery run • Run small errands









Ideas based on the American Academy of Child & Adolescent Psychiatry, Facts for Families No. 125, "Chores and Children" (2018). Read the original at aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Chores_and_Children-125.aspx

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