



HELLO PARENTS,

Each family is a team and each family member can contribute their skills, personalities and talents to make the team work. When children participate as equals in household chores, preparing meals, organizing their rooms or taking care of the garden, they are not only learning life skills that can be used in their adulthood, but also feeling competent and responsible. Helping out with domestic tasks let children appreciate the work that goes into the smooth running of the house. Children who do chores in their early years are more likely to have better communication and teamwork skills when they grow up. In this newsletter, you will find activities that will encourage your child to contribute their efforts in building a strong family cohesiveness.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

CLEAN UP MESSSES

MATERIALS:

- Washcloth
- Small brush

DIRECTIONS:

- Give your infant a washcloth or a small brush after a meal.
- Work with your infant together to clean up the messes on their highchair, using the brush or washcloth.
- Sing "Clean up" song to encourage them to clean up their messes.

[Click here](#) to listen to "Tidy up" song.

TODDLERS (19 MONTHS – 2.5 YEARS)

I SPY!

MATERIALS:

- Different toys

DIRECTIONS:

- When it is time to tidy up, play the game "I Spy!" with your child to search for the items that need to be put away.
- For example, say: "I spy a green ball" and have your child look around for the green ball and return it to you.
- Ask your child where the ball should go and help them put it away.
- Celebrate together when the room is all tidy.

[Click here](#) for tips to clean up toys with your child.

PRESCHOOLERS (2.5 – 5 YEARS)

LET'S RACE

MATERIALS:

- Grocery bag
- Timer

DIRECTIONS:

- When your child is done playing, give them a grocery bag and set the timer for one minute.
- Let your child run around the room collecting all the items scattered around the room.
- When time is up, encourage your child to put the items back in the correct places.

[Click here](#) to read "Clean-up Time" by Alyssa Liang.

JK/SK (4 – 6 YEARS)

CLEANING ADVERTISEMENT

MATERIALS:

- Phone or camera

DIRECTIONS:

- Tell your child that you are filming an advertisement about different techniques to keep the house clean.
- Let your child pretend to be an actor and choose the cleaning techniques that you will be filming.
- You can be the director and the operator.
- Film your child while they are cleaning the house.
- Switch the roles and let your child film you while you are cleaning.
- Watch the advertisement with your child or your family and make comments.

[Click here](#) to read "Just a Mess" by Mercer Mayer

SCHOOL-AGERS (6 – 12 YEARS)

BOARD GAME WITH CHORES

MATERIALS:

- Cardboard
- Pawns
- Markers
- Dice

DIRECTIONS:

- Use the cardboard and markers to make a board game that can be similar to any popular board game. For example, Monopoly.
- Each square will indicate a chore that needs to be done. For example, cleaning the room, sweeping, vacuuming, etc.
- Start from square one and roll the dice.
- Count the number on the dice and move your pawn the number of spaces indicated on the dice.
- Wherever the pawn lands, it is the chore that needs to be completed.
- Some tasks could be done in groups if the pawn lands on the same space by different family members.

[Click here](#) to find more activities to make household chores fun.

A TIP FOR TODAY

- Talk to your child about the importance of taking responsibility of household chores.
- Create a list of chores with your family, and when the task is completed, mark it with a sticker.
- Place removable picture labels on drawers or bins to help children remember where things go.
- Set a timer for your child when they are cleaning a room. Reward them when they finish the task before the timer runs out.
- Celebrate together when a major task or chore is completed.