

Chore Chart

	Chore: -----	Chore: -----	Chore: -----	Chore: -----	Chore: -----	Chore: -----	Chore: -----
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

How to Use a Chore Chart

Chore charts are a very helpful way to organize your child's responsibilities. They are a great visual reminder and help to make expectations clear. You can use a chore chart for most any age. Write your child's chores in the boxes across the top of the chart.

Examples for younger children could be

Make bed

Pick up toys

Set the table

Examples for older children could be:

Mow the lawn

Clean the bathroom

Do the dishes

When your child finishes a chore, let them place a star, sticker, checkmark, or smiley face in the box that corresponds with the correct day of the week. Set a goal for how many stickers or checkmarks your child needs to earn each day. When your child reaches that goal for the day he/she will earn a privilege or a reward.

Examples of privileges and rewards:

Playing a game or reading a book with mom or dad

Earning TV or video game time

THINGS TO KEEP IN MIND:

- The chart should be kept in a readily accessible and visible place—this helps your child remember to follow it. The front of the refrigerator is a good example, especially if other members of the family will be involved.
- Set realistic goals for your child. Make sure the chores are age appropriate and your child has a chance to be successful.
- It might take some trial and error to set a goal for your child. If he/she is never earning their privilege or reward, then it is not going to work. You want your child to stretch a little to earn the privilege or reward, but you want him/her to have days where he/she does earn it.
- Long term rewards can work, but they might not be enough of an incentive for younger children. Waiting the whole week to earn a reward might feel like a very long week. If your child has a hard Tuesday, what is her incentive to have a better Wednesday? You might set a longer term goal in addition to a daily goal. Maybe after a certain number of good weekdays or after a total number of stars are earned, that earns an additional reward on the weekend.
- This incentive chart shouldn't be used as a consequence. Kids shouldn't lose checkmarks or stickers. If they are not making good choices, then they simply don't earn that star or sticker and they will have to try harder.

ADDITIONAL INFORMATION

Search EmpoweringParents.com for related articles about Accountability and Responsibility.

Chore Chart

	Chore: <i>Make bed</i>	Chore: <i>Pick up clutter</i>	Chore: <i>Clothes in hamper</i>	Chore: <i>Clear own dishes</i>	Chore: <i>Load dishwasher</i>	Chore: <i>Take out trash</i>	Chore:	Chore:
Monday		✓	✓	✓	✓			
Tuesday	✓	✓		✓		✓		
Wednesday	✓		✓	✓				
Thursday		✓		✓	✓	✓		
Friday	✓		✓		✓	✓		
Saturday	✓	✓	✓	✓		✓		
Sunday	✓	✓	✓	✓	✓	✓		

SAMPLE