



## Social and Emotional Development Activity for 48 to 54 Months

### Helping With Family Chores

*Parents can teach children responsibility by having them help with simple tasks around the house.*

#### Materials:

- None

#### What to do:

1. Ask while doing laundry that the child:
  - Sort colors into piles or baskets.
  - Sort socks, underwear, fold washcloths, and help put away clothes.
  - Put the detergent in the washing machine with parental supervision.
  - Put the fabric-softener sheet into the dryer.
  - Give you clothespins and hand you clothing if you put your clothes on a line.
2. Ask during mealtime that the child:
  - Help set the table (dishes, silverware, napkins).
  - Help carry covered bowls of food — not hot — to the table, and a carton of milk or juice.
  - Put condiments and serving utensils on the table.
  - Clean up after a meal by putting condiments away, putting dishes in the sink or dishwasher.
  - Help wash and dry dishes. (Note: This requires parental supervision. Be careful of too-hot water and sharp objects, such as knives. Teach the child to handle a knife properly or not at all.)
3. Ask during other household jobs:
  - Clean up after craft projects by putting away crayons and paper, placing paint brushes in the sink (to be washed), throwing away leftover scrap papers, or putting away play dough (Make sure lids are tight.)





- Sweep floors and use a dustpan with a little help or with a child-sized broom and dustpan.
  - Clean up a spill with a paper towel or sponge.
  - Carry things into the house after shopping.
  - Make a bed reasonably well and take everything off the bed for laundry day.
  - Help prepare meals, make desserts (cakes, Jell-O, pudding and other yummy things!) and cook under supervision.
  - Help decorate for the holidays.
  - Help dust the areas they can reach.
4. Help with yard work:
- Rake leaves into piles with child-size yard tools.
  - Help garden by digging holes and putting plants/seeds in the ground and watering. Later, he can help pick weeds and harvest veggies.
  - Help pick up litter around the yard (give him gloves for this task).
  - Clean up yard and riding toys.
  - Help wash the car.
5. Ask while shopping that the child:
- Select fruits and vegetables.
  - Help look for items in the store.
  - Help carry bags to and from the car.

