

Setting up Family Chores



**Solution
Based
Casework**

Dana N. Christensen, PhD

1. Parents will want to **set a good example** by sharing the responsibility and duties involved in family life.
2. Remember to **consider the age when assigning duties**. Even young children can begin to participate if the task is small.
3. Start by **listing all the possible things that need to be done**. Be sure to involve the children in making up this list.
4. Consider **rotating assignments of chores**, particularly ones that everyone likes or dislikes.
5. It is helpful to **decide or assign clear time frames** for completing the task.
6. Decide on **reasonable consequences and rewards** ahead of time. This discussion can include the children's suggestions.
7. Assume you will need to **provide some helpful reminders** (notes, lists, charts). Kids may want to help create these.
8. Don't assume kids know how to do something. **Teach them how to do the task** by breaking it down (much better results).
9. When a chore does not get done, **avoid "nagging" and arguments**. Just remind them of the consequences and stick with your plan.
10. Parents will want to **practice their plan to keep calm** and in control of their emotions when working with their children.
11. **Celebrate small steps of progress**, and celebrate often!