

# Teach These Children

## Fivefold enrichment



## Choose Chores

There will be a point in time in your child's life when they have school responsibilities, possibly sports, friends and more. You may come to question where on the list of priorities should chores fall, and if you should just let them go since they are involved in so many other things. This is a message to tell you with no uncertainty- choose chores!

### Activity

Your child needs to learn how to balance school, home life, friends and responsibilities. Their chores are separate from their personal responsibilities and they need both. Chores are assigned because it is necessary to contribute to household responsibilities. When we do, we strengthen relationships by helping our children develop an understanding that we need one another. Without chores, children become an island unto their own and this is dangerously unhealthy. At minimum children should make their bed daily. Research shows that individuals that make their bed daily have dramatically higher rates of life success. It sets the tone for the day. As children get older, especially if they are high achievers and involved in a lot of extracurricular activities, it becomes easier to let them slide on the chores. However, this is when it's most important to double down. Instead of letting them go without, teach them how to better manage their time so that their chores can be completed. They will surely thank you later!

### TIPS

If you're not consistent, your child will not be consistent. It's easy if you child maintains the same chores. Keep expectations clear to ensure success.



### Child's belief about self...

I am equipped

### Family supports development of...

Skillset

### Focus areas

- Behavioral

## GOAL

Equip your child with skills to manage their time and contributions to your household.