

DAILY CHORES

Every Day Jobs: ★ Make Bed ★ Clear Plate
★ Pick Up Toys ★ Clothes in Hamper ★ Have Fun

1	Sweep Kitchen 	2	Feed Pet	3	Clean Room 	
4	5 Water	6	7	8	9	10

Successful Chore Charts

Summer is coming and you have created an epic survival plan...the chore chart! You are pumped, the kids are pumped, it's failproof. Right?!

It certainly can be an excellent tool for encouraging the behaviors we like: reading, cleaning, being kind *and* reducing those we don't: screen time, fighting with siblings, expressing *all* the boredom. But parents often sense frustration when their plans seem ineffective. How does this happen? Like any tool, when used effectively, it will work like a charm. However, there are many things that can make behavior charts less effective:

- **Difficulty** – Are we asking them to do too much or is the chore too hard
- **Value** – Do they actually like what they can earn when they get all the checks
- **Freebies** – Do they get their earnings for free at other times or from other caregivers
- **Credit** – Did caregivers remember to give checks and enough checks when they are earned
- **Timeliness** – Will they have to wait too long before they can get their big-ticket item (ex. Disney trip at the end of summer)

HOW TO MAKE IT GREAT

1. **Plan** – Have a clear plan for requirements, what can be earned and when. A visual can be helpful for everyone involved
2. **Be Consistent** – Don't give freebies unless previously negotiated and available for the whole family
3. **Listen** – Limit attention for nagging or complaining but listen if they make legitimate requests and provide attention and praise when asked appropriately
4. **Negotiate** – Your child's interests may change over the summer, don't be afraid to change what they can earn and teach appropriate negotiation skills
5. **Revisit** – If you need to stick to the plan you created, let them know you can revisit their ideas after you try the current way for a little bit (tell them how long)
6. **Bonus** – Be sure to notice when they do great things not listed and tell them about it!

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