

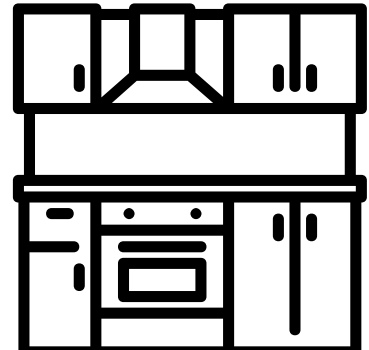
My AT-Home Helper Map

Household chores can be your child's very first lesson on the importance of contributing to the common good. When everyone pitches in, whether in your family or in our communities, life improves for everyone. Plus, surprising research says that doing chores, beginning at age 3 or 4, is actually a proven predictor of adult success. Chores teach responsibility, competence, perseverance, the value of hard work -- and the idea that in a family we help one another out.

Work with your child to draw or write one chore for each space on your map. The suggestions below are just a starting point.

In my bedroom I can

Make my bed.
Put my things away.

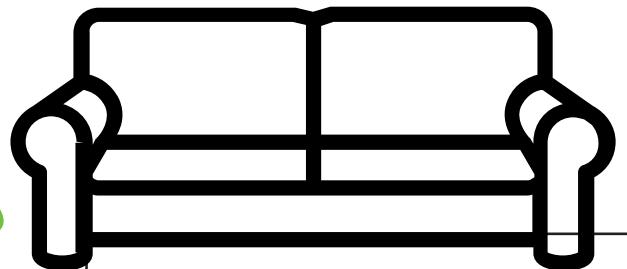
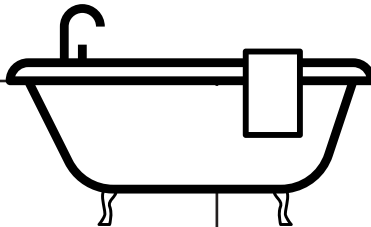


In the kitchen I can

Set the table. Pack my lunch. Unload dishes.
Help make meals.

In the bathroom I can

Hang up my towel. Restock toilet paper. Wipe off the counter. Putting my toothbrush away.



In the living room I can

Put away my toys. Dust. Water plants. Vacuum. Sweep.

One other way I can help is

Fold laundry. Tidy up when I make a mess. Put my backpack away. Rake leaves.

