



# Creating Successful Routines at Home

Maury Elementary School PTA Meeting

Monday, September 11th, 2017

Amy E. Sauder-Lehman, LPC

# How Children Benefit From Routines

- \*Provide Security and Comfort
- \*Promote Healthy Sleep Habits
- \*Instill Confidence and Competence
- \*Promote Healthy Brain Development (Executive Functioning)

# Successful Routines Are...

Simple (K.I.S.S.)



# Successful Routines Are....

## Age Appropriate

### CHORES BY AGE

*cultivate contributing, confident, can-do kids*

Over 70+ chores!

\*\*Remember all kids will need your help to learn what is expected. It is important to be specific, consistent, and patient as your children learn each task.\*\*

AGE 2-3	AGE 4-5	AGE 6-7	AGE 8-10
<p><b>self-care chores</b></p> <ul style="list-style-type: none"> <li>• Brush Teeth</li> <li>• Get Dressed</li> <li>• Put on Pajamas</li> <li>• Pick Up Toys</li> <li>• Pick Up Things in Laundry Basket</li> <li>• Put Dirty Clothes in Laundry Basket</li> <li>• Put Stuff Away When Coming In</li> <li>• Take Nap</li> </ul> <p><b>household chores</b></p> <ul style="list-style-type: none"> <li>• Clean Bathroom Sink(s) &amp; Counter(s)</li> <li>• Dust Room(s)</li> <li>• Feed Pet(s)</li> <li>• Pick Up Outside Toys</li> <li>• Pick Up Sticks</li> <li>• Wipe Down Cabinet Fronts &amp; Appliances</li> <li>• Wipe Down Knobs, Switches &amp; Railings</li> </ul>	<p><b>self-care chores</b></p> <ul style="list-style-type: none"> <li>• Clear Your Dishes</li> <li>• Exercise</li> <li>• Extra Reading</li> <li>• Learn Home Address</li> <li>• Learn Phone Number</li> <li>• Make Bed</li> <li>• Practice Instrument</li> </ul> <p><b>household chores</b></p> <ul style="list-style-type: none"> <li>• Clean Shoe &amp; Coat Area</li> <li>• Fill Hand Soap &amp; Replace Towels</li> <li>• Get Mail</li> <li>• Match Socks</li> <li>• Plant Care</li> <li>• Unload Dishwasher</li> <li>• Unload Groceries/Shopping</li> <li>• Vacuum Couch and Chair Cushions</li> <li>• Wash Windows</li> </ul>	<p><b>self-care chores</b></p> <ul style="list-style-type: none"> <li>• Clean Bedroom</li> <li>• Extra Math</li> <li>• Homework</li> <li>• Put Away Clean Clothes</li> </ul> <p><b>household chores</b></p> <ul style="list-style-type: none"> <li>• Clean Bathroom Mirror(s)</li> <li>• Clean Dining Room</li> <li>• Clean Family Room</li> <li>• Clean Glass Surfaces</li> <li>• Clean Living Room</li> <li>• Clean Play Room</li> <li>• Clean Shower/Bathtub</li> <li>• Clean Up After Pet(s)</li> <li>• Clear And Wipe Down Table</li> <li>• Load Dishwasher</li> <li>• Set Table</li> <li>• Sweep Floor(s)</li> </ul>	<p><b>self-care chores</b></p> <ul style="list-style-type: none"> <li>• Organize Drawers</li> <li>• Organize Your Closet</li> <li>• Pack School Bag</li> <li>• Take Vitamins</li> </ul> <p><b>household chores</b></p> <ul style="list-style-type: none"> <li>• Clean Bathroom(s)</li> <li>• Clean Microwave</li> <li>• Clean Toilet(s)</li> <li>• Exercise Pet(s)</li> <li>• Fold Laundry</li> <li>• Make Meal(s)</li> <li>• Take Out Recycling</li> <li>• Take Out Trash</li> <li>• Vacuum Room(s)</li> <li>• Wash And Dry Load(s) Of Clothes</li> <li>• Wash Dishes</li> <li>• Wash Floor(s)</li> <li>• Wash Vehicle</li> <li>• Weed Garden</li> </ul> <p><small>**NEATLINGS list of Chores By Age is meant to be a helpful guide of when kids may be ready to tackle certain jobs. All kids are different so adjustments needed &amp; always use kid-safe cleaning products.**</small></p>
<p><b>AGE 11-TEEN</b></p>	<p><b>self-care chores</b></p> <ul style="list-style-type: none"> <li>• Purge Clothes That No Longer Fit</li> </ul>	<p><b>household chores</b></p> <ul style="list-style-type: none"> <li>• Clean Garage</li> <li>• Clean Kitchen</li> <li>• Outside Work</li> <li>• Shovel Snow or Rake Leaves</li> </ul>	<p><b>NEATLINGS</b></p> <p><small>cultivate contributing, confident, can-do kids</small></p> <p><small>age 11 @ neatlings.com</small></p>

Self-care chores are tasks that each child needs to complete, such as make bed or practice instrument. Household chores are jobs that typically only need to be done once, such as take out trash or feed pet(s).

This is a list of age appropriate chores to help

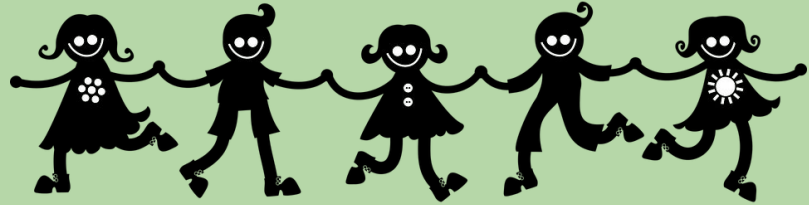
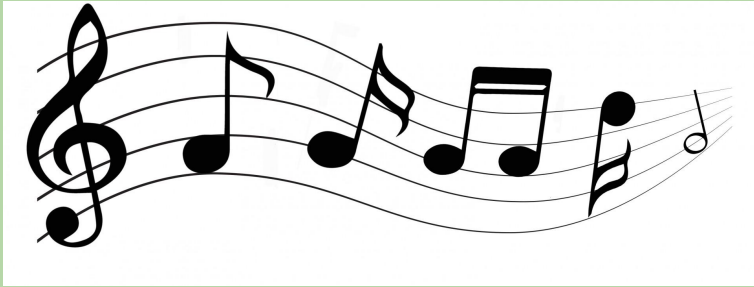
# Successful Routines Are...

\*Learned through role-modeling, repetition and patience



# Successful Routines Are...

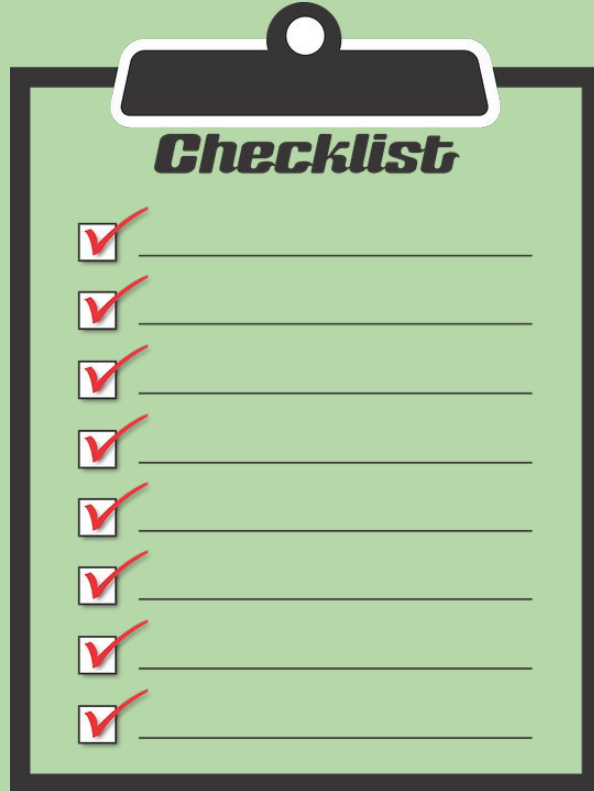
FUN!



**FUN!**

# Successful Routines are...

Visual



[www.freeprintablebehaviorcharts.com](http://www.freeprintablebehaviorcharts.com)

Chore Monster (app)

# Successful Routines are....

\*Incentivized (when necessary)

## REWARDS

