



### Helping in the household

Children learn a lot if they regularly help with the household. They gain a sense of responsibility and self-discipline. Those are all things they enjoy later in life. If everyone in the family does certain chores, you also have more time to do fun things together.

### How do you divide the tasks?

You can first make a list with your children of chores that children can do.

Consider, for example, chores such as setting the table, clearing the table, washing the dirty dishes or putting them in the dishwasher, cleaning the counter, vacuuming, tidying up your own room, mowing the lawn, and so on.

You can let the children think for themselves what they can do on their own and with which tasks they want to help mom or dad.

If you like, you can make a schedule that shows which chore each child has to do and on which day.

It is also useful to precisely name and possibly write down the desired result of the chores.

### How do you enter it?

Make arrangements with your child(ren) when you make time to do the chores.

Show how you do something and ask if your child wants to participate.

While your child is busy, give tips on how things can be done differently or better. This way your child can immediately correct himself. Start with things you can do together and let your child choose what he likes. For example, if you cook dinner together, your child may want to wash the vegetables, you cut and your child can stir the pan afterwards. When setting the table, your child can, for example, place the cutlery next to the plates. Cleaning up groceries is also a job that you can do well together. This way, doing chores immediately becomes a pleasant activity.

### Slowly more responsibility

The older your child, the more responsibility you can give them. For example, you can work towards keeping your own room tidy. Discuss together why it is important that the room is tidy and when your child wants to do this. Discuss very concretely what tidying up is, for example that all things are off the floor, the duvet is neatly on the bed and the desk or table is empty. Let your child think about where the books, Lego blocks and dirty clothes should go. If cleaning up together goes well or your child is a bit older, your child can perform this task alone. In the meantime, you do something else yourself. When your child indicates that he is ready, you come and watch. Please comment positively. Just saying what should be done differently next time does not stimulate your child.

### Lead by example

Children are constantly watching their parents do things. It is therefore important that you set a good example. Does your child not feel like an agreed job? Then admit that you don't always feel like it yourself, but you are happy when something is done. Talk about that and ask your child what they would like to do when the chore is done. Not every chore needs to be rewarded, but sometimes something fun ahead can be stimulating.

**Pedagogical support for children aged 0 to 13 is free for parents.**

**So, can you use some tips and advice to support your child's development or do you have everyday questions about your child? Then feel free to contact me and together we will look for what you need.**

Tot ziens,

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