

Chores Age 18 Summary

Why Chores?

Chores allow your teen to play a role in contributing to the maintenance and care of your family's household. Daily chores allow your teen to learn valuable skills like timeliness, work ethic, and responsibility. Doing chores teaches a work ethic essential in helping teens persist toward any goal.

Tip: These steps are done best when you and your teen are not tired or in a rush.

Tip: Intentional communication and a healthy parenting relationship support these steps.

STEP
1

Get Your Teen Thinking by Getting Their Input

Ask and negotiate. You might start by thinking through rooms of the house beginning with your teen's room.

- *"Help me create a list of chores. What might be some chores we should consider?"*
- *"Why are chores important?"*
- *"What chores feel most meaningful to you?"*
- *"Which ones do you think you can successfully get done regularly?"*

Tip: Create a checklist together of your household responsibility plan on a whiteboard or chalkboard. Teens appreciate owning the list and enjoy checking it off. This way, you are not micro-managing them. Instead, you are supporting their independence.

Trap: Be sure to create your plan at a calm time. Don't create your plan when you are in the routine, hungry or tired, or under time pressures.

**STEP
2****Teach New Skills**

- Say what you will model and why.
- Model the behavior.
- Ask your teen what they noticed.
- Invite your teen to model.
- Ask what they noticed with their own modeling.
- Practice together.
- Provide specific feedback starting with strengths using “I notice...”
- The following is an example of how this might look between a parent and teen discussing mowing the lawn. “I’d love to show you how to keep yourself safe while mowing the lawn. I will show you some basics, but I want you to watch for what I do to keep safe. There are also a few things I will do that make things easier. I want you to see if you can catch these.”

**STEP
3****Practice to Grow Skills and Develop Habits**

- Use “I’d love to see...” statements, such as “I’d love to see how you make dinner for the family.”
- Recognize effort: “I noticed how you brought back the garbage can from the curb today without me asking—that’s taking responsibility!”
- Proactively remind. You may whisper in your teen’s ear, “Remember how to stay safe when moving the lawn? What are they?”

Trap: Don’t constantly repeat yourself. Teens often need more time to perform challenging tasks, even if you believe they are simple and don’t require much time. Be sure to wait long enough for your teen to show you they are competent. Your waiting could make all the difference in whether they can do what you need.

**STEP
4****Support Your Teen’s Development and Success**

- Ask key questions: “How are you feeling when it’s time to clean up? Do you know where everything goes?”
- Infuse some fun! Why not make clean-up or chore time fun? Working together as a family can be enjoyable. Turn on some of your teen’s favorite music or sing a song while working.
- Reflect on outcomes: “It looks like you forgot to finish the laundry. What could help you remember in the future?”

- Stay engaged. Working together during particularly challenging times in the routine can help offer additional support and motivation for your teen when difficult issues arise.
- Follow through with logical consequences to repair harm when needed.

Trap: Check your own tone and attitude toward chores! If you groan when it's time to get them done, your teen will surely groan as well. If you approach chores with a "Let's dig in together" attitude, that's how your teen will learn to approach them as well.

STEP
5

RECOGNIZE

Recognize Efforts

- Notice: "I notice you put all the laundry away in the agreed-upon time. Excellent."
- Recognize small steps along the way.
- Build celebrations into your routine. Include high fives and hugs in your repertoire of ways to appreciate one another.

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