

Appropriate Chores by Age: 2 – Teen

This list is intended to be used as a reference when deciding what chores to assign to a child based on her/his age. Each child develops at a different pace, so what is appropriate for one child may be too difficult or simple for another. At each age, a typically developing child should be able to complete these tasks with proper supervision, tools, and training as well as the chores at previous ages.

Ages 2 +

- Put toys in designated place (toy box, closet)
- Throw away trash
- Put dirty clothes in hamper, basket
- Move clothes to dryer with help
- Fold small laundry items
- Carry own dishes to sink
- Pull weeds
- Dress, undress themselves
- Clean baseboards, window sills, chair seats

Ages 4 +

- Clean up own messes
- Feed pets
- Straighten bed and bedroom
- Put away dishes, flatware
- Set, clear table
- Prepare simple snack
- Use dust mop, floor sweeper
- Wipe low surfaces with cleanser
- Gather trash from smaller cans to larger can
- Water plants
- Sort and fold clothes

Ages 6 +

- Shower, brush teeth, and take care of other grooming
- Plan clothes for next day, week
- Put away own laundry
- Sweep, vacuum floors
- Prepare basic meals and snacks using toaster or microwave
- Rake leaves
- Dust furniture
- Wipe counters, sink

Ages 8 +

- Fold clothes, towels
- Load and unload dishwasher, wash dishes
- Take out trash
- Mop floor
- Clean shower/tub, toilet
- Prepare school lunch
- Put away groceries
- Help with basic meal prep for family meals (Chopping, mixing, etc.)

Ages 10 +

- Do laundry
- Change bed linens
- Supervise younger siblings
- Use oven, stove
- Clean kitchen, bathroom
- Mow lawn

Ages 12 +

- Wash, vacuum car
- Shop for groceries with list
- Cook complete meal
- Complete simple home repairs with guidance (painting, etc.)
- Babysit younger siblings

