Suggestions for

Setting Up Family Chores

1. *Parents will want to **set a good example** by sharing the responsibility and duties involved in family life.*
2. *Remember to **consider the age when assigning duties**. Even young children can begin to participate if the task is small.*
3. *Start by **listing all the possible things that need to be done**. Be sure to involve the children in making up this list.*
4. *Consider **rotating assignments of chores**, particularly ones that everyone likes or dislikes.*
5. *It is helpful to **decide or assign clear time frames** for completing the task.*
6. *Decide on **reasonable consequences and rewards** ahead of time. This discussion can include the children's suggestions.*
7. *Assume you will need to **provide some helpful reminders** (notes, lists, charts). Kids may want to help create these.*
8. *Don't assume kids know how to do something. **Teach them how to do the task** by breaking it down (much better results).*
9. *When a chore does not get done, **avoid "nagging" and arguments.** Just remind them of the consequences and stick with your plan.*
10. *Parents will want to **practice their plan to keep calm** and in control of their emotions when working with their children.*
11. ***Celebrate small steps of progress**, and celebrate often!*

Solution Based Casework
Dana N. Christensen, PhD
Copyright 2010