



Happy Homes Doc!

Happy Homes Chore Management System

Dr. Ward Teaches a seminar based on the Happy Homes Chore Management System she has developed. To attend one of her classes check the calendar of events or join the website's mailing list for notification of newly forming classes. If you are interested in a private class or getting a group together contact her directly to schedule an appointment.

In the meantime check out the following tips on how to make chores less stressful in your home

Kids, Chores, & Family Stress

Whether it's feeding the family pets, setting the dinner table, vacuuming the carpet, or any number of similar tasks, chores can help teach your child responsibility. Children who are positively involved in the day-to-day life of a family feel they are an actual part of what makes that family successful. Nevertheless, performing home chores is one of the top three sources of conflict between parents and children. There are effective ways to minimize this conflict.

How Children Benefit From Doing Chores

- Self-esteem increases.
- Sense of competence develops.
- Helpful habits are established
- Healthy work ethic is acquired
- Learn how a household is run.
- Important life skills are developed. (prioritizing, making choices, accepting rewards and consequences, etc.)
- Transition to adulthood is easier.
- Experience self as an important, contributing part of the family.

Principles of Effective Chore Systems

- Every family member should participate in choosing chores, rewards, and consequences.
- Chores should be age appropriate.
- Train children to do each chore.
- Use visual reminders of chore duties, rewards, and consequences.
- Establish and enforce "deadlines."
- Be specific about what constitutes a "completed" chore.
- Build variety into the system.

- Make the system self-enforcing and self-monitoring.
- Include fun surprises or chore vacations occasionally.

Appropriate Chores for Eight - Nine Years Old

- Put toys away
- Fill pet's food dish
- Put clothes in hamper
- Wipe up spills
- Dust
- Stack books or magazines
- Choose clothes
- Dress Self
- Make own bed
- Empty wastebaskets
- Bring in mail or newspaper
- Clear table
- Pull weeds
- Use hand-held vacuum to pick up crumbs
- Water flowers
- Unload utensils from dishwasher
- Wash plastic dishes at sink
- Fix bowl of cereal
- Sort laundry
- Sweep floors
- Set and clear table
- Help make and pack lunch
- Weed yard/garden
- Rake leaves
- Clean bedroom
- Pour own drinks
- Answer telephone
- Load dishwasher
- Put away groceries
- Vacuum
- Help make dinner
- Make own snacks
- Wash table after meals
- Put away own laundry
- Sew buttons
- Run own bath
- Make own breakfast
- Peel vegetables
- Cook simple food (such as toast)
- Mop floor
- Take pet for a walk
- Pack own suitcase

Tips on Teaching Responsibility with Chores

- Start teaching your child at a young age that her help is important to the family.
- Teach your child to pickup after each activity. Enforce this when he asks for something-especially when he is finished playing with his toys!
- Get children involved in the process of doing chores by allowing them to choose the chores that they can do.
- Ask your child what the consequences of NOT doing her chores should be.
- Teach children the joy of self-evaluation and a job well done. When children experience a sense of pride in their behavior, the behavior itself becomes the reward.
- Do not do anything for your child that he can do for himself.
- Always give praise for a job well done when a chore is completed! Make this appropriate. Praise that is out of proportion to the accomplishment loses its value.
- Notice and compliment the effort if your child does something without being asked to do it. Behavior that is noticed and rewarded (even verbally) is repeated.

To learn more about Dr. Ward's Happy Homes Chore Management System log on to our website at www.HappyHomeDoc.com or contact us at

Ward & Associates Psychological Services, PLLC
1414 W. Franklin Street
Boise, ID 83702

Phone: (208) 343-0647
Fax: (208) 395-1948
E-mail: DrWard@happyhomesdoc.com