

## **The Importance of Chores**

As children, the idea of doing chores was the absolute worst. They were drudgery, something forced upon us by our parents. In this day and age, it seems like many families are moving away from giving their children jobs around the house, operating under the impression that it's more important that children have the opportunity to play. While play is definitely an integral part of childhood, the truth of the matter is chores are also incredibly important. Why? Read on to find out.

### **Chores teach children responsibility**

Having expectations of your children will prompt them to rise to the occasion, teaching them responsibility and giving them a sense of capability for having met their obligations. And beyond the responsibility aspect, chores also teach your children important life skills, like how to do laundry, how to cook, or how to clean up after themselves. These are skills that your child will carry with them into adulthood.

### **Chores give children a way to contribute**

As parents, we give to our children every day. Chores are a way for your child to give back. And even though they might complain about them, chores allow children to feel like a contributing member of the family.

In order for your child to feel successful, it's important that we let go of the idea that things have to be done perfectly, or done exactly as we would do them. Acknowledge your child's efforts, and resist the urge to "fix" the work your child has done. After all, it's not important that it's done perfectly, it's important that it got done to the best of your child's ability.

### **Why chores should be unpaid**

Within a family, everyone has responsibilities. It would be nice if someone paid us to mow the lawn or wash the dishes, but the reality is that those things need to be done, and they're often done without thanks, and definitely without pay. So why do we do them? Because it's part of our responsibility as a member of a family. And the same idea holds true for your child. Paying children to complete their chores can create a "what's in it for me?" attitude.

If you would like to give your child opportunities to earn money, find some jobs that they can complete outside of their daily chores in exchange for some extra cash.

### **Gaining cooperation**

For children, especially older children, getting them on board with their chores is critical. So when divvying up household responsibilities, ask for their input. If your child feels they have a choice in the matter, they'll be much more likely to cooperate.

If your child still puts up a fight, don't force compliance. Instead, allow some logical consequences to occur. For instance, if your child refuses to put their dirty laundry in the hamper, instead of getting upset, or running around their room picking up all of the dirty laundry yourself, you could simply say, "I only wash the clothes that are in the hamper." If your child wants clean clothes, eventually they'll learn that they need to be in the hamper, ready to go come laundry day.

Chores may have fallen out of favor, but that doesn't mean they aren't still important. By giving your child jobs to do around the house, you are teaching them valuable skills that will set them on the path to becoming put-together, confident, responsible adults.