



How Do Children Benefit from Doing Chores?

The Research

Even though it is more difficult at the time to persist in having children do chores, kids benefit from the experience.

Research indicates that those children who do have a set of chores have higher self-esteem, are more responsible, and are better able to deal with frustration and delay gratification, all of which contribute to greater success in school.

Research shows that involving children in household tasks at an early age can have a positive impact later in life. In fact, the best predictor of young adults' success in their mid-20's was that they participated in household tasks when they were three or four.

Life Skills

One of the most frequently cited causes of over-indulgence stems from parents doing too much for their children and not expecting enough of them. Not being taught the skills of everyday living can limit children's ability to function at age appropriate levels.

For example:

- 5-year-old Sara goes to kindergarten and is one of the few students who has no idea how to put on and button her own coat.
- Sam, age 7, goes to a friend's house for dinner but does not know how to pour juice for himself.
- Fast forward to Beth who at age 18 goes away to college not knowing how to do her own laundry.

By expecting children to complete self-care tasks and to help with household chores, parents equip children with the skills to function independently in the outside world.

Self-Esteem

By completing household tasks they will know that they can contribute to the family, begin to take care of themselves, and learn skills that they will need as an adult.

Holding them accountable for their chores can increase a sense of themselves as responsible and actually. Children will feel more capable for having met their obligations and completed their tasks

Adapted from an article at centerforparentingeducation.org