

Kitchen Chores by Age

2-3 Years

- Set the table
- Sweep small areas
- Change dish towels
- Fill water glasses

4-5 Years

- Sort clean silverware
- Help unload dishwasher
- Help put away groceries
- Clear dishes from table
- Use handheld vacuum
- Fold dishtowels
- Clean appliances

6-7 Years

- Empty dishwasher
- Clear the table
- Help with simple food preparation
- Dust mop floors

8-9 Years

- Load the dishwasher
- Empty trash
- Wipe counters
- Handwash larger dishes

10-11 Years

- Help with meal planning
- Prepare simple meals

12 and up

- Mop floors
- Cook complete family meal