

Equipping Children for Adulthood



The ages and tasks described below outline daily tasks at home that children should be able to handle on their own or with assistance. Use this as a guide, it's a working document as I continue to research what's appropriate, I will add more tasks. If you have some that are not listed, I would love to hear from you. You can email me at: jess@thenzsupernanny.co.nz

Toddlers aged 2 -3 years

- Helps to put toys away
- Can dress themselves with help from a parent
- Puts clothes in the wash basket or washing machine
- Helps to set the table for family meals
- Feeds themselves, serves their own food and pours their own drink from small pitcher
- Takes plate to the sink after meals, pushes own chair in
- Brushes teeth and washes face with assistance from parent
- Opens curtains and helps to make bed
- Can feed pets and water plants

Ages 4 – 5 years

- Can write and recall own name, address and parents phone number
- Can make an emergency call from a mobile phone
- Perform simple cleaning tasks such as dusting, washing windows and sweeping
- Assists with laundry including folding and putting own clothes away
- Chooses own clothes to wear and gets dressed
- Brushes teeth and washes face *without* assistance from parent
- Can make toast and other simple meals under the supervision of a parent
- Understands the basic concept of money and its uses

Ages 6 – 8 years

- Can perform more complex chores such as vacuuming, sorting recycling, dishes and laundry
- Can use money to purchase items confidently
- Helps to put groceries away
- Can begin to resolve sibling conflicts by problem solving
- Is capable of folding and putting own clothes away
- Is confident approaching people and asking for what they want
- Can cut with a dull knife
- Uses a brush and shovel

Ages 8 - 10 years

- Can peel vegetables, and read and prepare simple recipes
- Can write a grocery list and find the items on it at the store
- Can sort and take out the rubbish
- Takes care of personal hygiene without being asked
- Help to take care of the yard such as weeding and raking
- Can care for own outdoor toys such as bikes, scooters and sporting equipment
- Can sew a button
- Can count money and understands giving and receiving change

Equipping Children for Adulthood - Cont.

Ages 10 – 12 years

- Can strike up a conversation with an adult
- Can iron clothes with assistance
- Can change own's bed sheets and pillow cases
- Helps to take care of the yard such as mowing lawns and pruning
- Can read labels and use the oven or other kitchen appliances
- Can ride a bike on the road and understands safe road skills

Ages 12 – 15 years

- Can independently take care of own laundry including ironing
- Can stay home alone and care for younger siblings
- Household maintenance such as unclogging drains or changing vacuum cleaner bags
- Learn to use basic hand tools
- Plan and prepare meals for the whole family

Ages 15 – 18 years

- Can change a light bulb
- Can call a plumber or electrician
- Can change a car tire and fill it with gas
- Can attend a job interview and get a job