

What to do when things don't get done

- ▶ Instead of pointing out what wasn't done, make an observation, such as, "Your shoes are on the stairs."
- ▶ Be prepared to give reminders. You can even write little notes in unexpected places.

*Dear Ben,
I haven't been out since this morning,
Your dog, Bud*

- ▶ Get your child to set a consequence for not completing a chore. Make sure it's fair.

Consequences

Consequences work best if they relate to the chore.

- ▶ If your child doesn't put her dirty clothes ready for laundry then she doesn't have clean clothes when she needs them.
- ▶ Have a chore jar. If your child doesn't do a chore, she has to pick an extra chore from the jar.



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Parents as Partners IN EDUCATION

Teaching Responsibility

A Parent's Guide



WORKSHOP

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Teaching Responsibility

Parents can teach children to take responsibility for their behaviour. Children who learn to be responsible do better in school. They get along better with teachers and classmates and make better decisions.

When your child behaves well, you spend less time guiding behaviour. Having responsibilities helps children to behave well and to feel good about themselves.

What are some responsibilities that children should have?

- ▶ Show kindness to everyone.
- ▶ Respect people and property.
- ▶ Follow rules.
- ▶ Don't use put downs.
- ▶ Don't be violent or a bully.
- ▶ Know the right thing to do and do it or ask an adult.
- ▶ Keep promises and agreements.
- ▶ Admit mistakes.
- ▶ Don't blame others.

- ▶ Accept feedback.
- ▶ Be on time.
- ▶ Do chores.

What chores could my child do?

Choose chores that match your child's age and development. Children need to play but they also like to feel needed and special. Their self-esteem grows when they are trusted with a chore.

- ▶ Set and clear the table.
- ▶ Prepare simple meals.
- ▶ Rinse off and wash dirty dishes.
- ▶ Wash counters and sinks.
- ▶ Clean showers and toilet.
- ▶ Put clean dishes in the cupboards.
- ▶ Put dirty clothes in laundry hamper.
- ▶ Sort light and dark clothes.
- ▶ Fold clean laundry and put it away.
- ▶ Use washer and dryer.
- ▶ Take out the garbage.
- ▶ Recycle magazines and papers.
- ▶ Vacuum, dust bedroom.
- ▶ Weed, water plants, mow grass.
- ▶ Rake leaves, sweep patio.
- ▶ Make the bed, put toys away.
- ▶ Look after pets.
- ▶ Help wash car.

Tips for getting chores done

Encourage children to do chores. Make them fun. Turn a chore into a game—use an egg-timer. Ask them to estimate how

long a chore will take. Compare it to the actual time the chore takes. This is a way to practise math skills painlessly. Do chores together. You can even sing, pretend to be Superman, or practise multiplication.

Just because you work outside the home, it shouldn't mean your child has to do all the chores. After all, your child works at school all day too.

Get organized

- ▶ Brainstorm chores with your child.
- ▶ Negotiate:
 - How often does each chore need to be done?
 - How long will the chore take?
 - What will make it fun?
- ▶ Make a chore chart together.

Doing the chores

- ▶ Chores should be done before TV.
- ▶ Show your child how to do the chores, step-by-step. Next time he will know exactly what you expect.
- ▶ Observe your child doing the chore to make sure he can handle it.
- ▶ The next few times ask him to show you what he has done. Explain if he has to make changes.
- ▶ After that, you can expect him to do it on his own. **Don't forget to acknowledge his work.**