FAMILY TOOLKIT

# Chores for 3-Year-Olds

## A simple independence-building checklist

Child: _____ Week of: _____

**Keep it light:** Choose 2-4 chores at a time, demonstrate first, and celebrate effort.
At age 3, chores should be short, safe, and supervised.

### TIDY UP

- [ ] Put toys in their bins
- [ ] Place books on the shelf
- [ ] Put dirty clothes in the hamper
- [ ] Put shoes in their spot

### MEALTIME

- [ ] Set out napkins or placemats
- [ ] Carry an unbreakable dish to the sink
- [ ] Wipe the table with help
- [ ] Throw away small pieces of trash

### LAUNDRY + BEDROOM

- [ ] Match socks
- [ ] Put away folded washcloths
- [ ] Help pull up the bed covers
- [ ] Choose clothes for tomorrow

### LITTLE HELPER

- [ ] Water a plant with a small cup
- [ ] Feed a pet with a premeasured scoop
- [ ] Dust a low, safe surface
- [ ] Hang up a backpack or light jacket

### OUR OWN LITTLE CHORES

Add what fits your family and your child.

- [ ] _____
- [ ] _____
- [ ] _____

### GROWN-UP NOTE

Avoid chemicals, sharp objects, hot surfaces, heavy items, and choking hazards. Supervise every task.