

Equipping Your Child for Real Life

Age 2

- Undress self
- Put own pajamas away
- Wash face and hands
- Comb or brush own hair (with help)
- Pick up toys
- Tidy up bedroom
- Clear off own place at table
- Be able to play safely and alone for a set period of time (1/2 to 1 hour) in own room
(*Under supervision. Children need to know that they can be alone and still have fun.)

Age 3

Same as previous list, plus the following:

- Dress self (with help)
- Make own bed (use comforter)
- Wipe up own spills
- Help set table
- Snap, zipper, and button
- Put dirty clothes in hamper
- Start swim lessons
- Carry in mail
- Wash table with damp sponge
- Fold washcloths
- Wash vegetables
- Tear lettuce

Age 4

Same as previous list, plus the following:

- Use a handheld vacuum
- Help gather laundry
- Pick up outside toys
- Dust and clean bookshelves
- Empty small wastebaskets
- Know own phone number
- Know own address
- Help empty dishwasher
- Help bring in groceries
- Sit quietly in church (looking at books or drawing quietly is OK)
- Next level swim lessons
- Feed pets

Age 5

Same as previous list, plus the following:

- Put clean clothes away neatly
- Swim (goal—swim independently)
- Leave bathroom clean after use
- Clean toilet
- Receive a small allowance (if used)
- Money Management: saving, spending, and charitable giving
- Know how to make emergency phone calls (911)
- Dust low shelves and objects (consider using a Swiffer)
- Empty kitchen trash
- Organize bathroom drawers
- Learn to roller skate
- Learn to jump rope
- Learn to ride a bike
- Begin learning how to tie shoes
- Fold towels

Age 6

Same as previous list, plus the following:

- Organize own drawers and closet
- Empty dishwasher and put dishes away
- Wash and dry dishes by hand
- Straighten living and family rooms
- Rake leaves
- Help put groceries away
- Make juice from a can or mix
- Make a sandwich and toast
- Basics of spending, saving, and giving
- Pour milk into cereal
- Pour milk or juice into a cup
- Wash out plastic trash cans
- Clean mirrors
- Bathe alone
- Clean windows
- Pack lunch for school
- Fold simple laundry
- Load and unload dishwasher
- Practice basic phone skills

Age 7

Same as previous list, plus the following:

- Use a vacuum cleaner
- Clean pet cages and food bowls
- Use a broom and dustpan
- Sweep porches, decks, driveways, and walkways
- Take a written phone message
- Learn basic food groups and good nutrition habits
- Cook canned soup, prepare Jell-O and eggs
- Read and prepare a simple recipe
- Be familiar with measuring tools for cooking
- Money management (earning money and saving for a goal)
- Cut up own meat, pancakes, etc.
- Water outside plants, flowers, and garden
- Weed flower beds and vegetable garden
- Strip bed sheets
- Carry dirty clothes hamper to laundry room
- Sort clothes for washing and check pockets
- Straighten book and toy shelves
- Begin music lessons

Age 8

Same as previous list, plus the following:

- Fold clothes neatly without wrinkles
- Remake own bed with clean sheets
- Clean interior of car
- Vacuum furniture (i.e., chairs and couches), especially under cushions
- Water house plants and lawn outside
- Clean bathroom sink, toilet, and tub
- Load and turn on dishwasher
- Trim own nails and clean own ears
- Learn model making
- Set table correctly
- Mop floor
- Peel carrots and potatoes
- Begin teaching time management skills, assignment deadlines, or short blocks of time
- Money Management: Spend, Save, Give principle
- Use alarm clock get self up
- Put groceries away

Age 9

Same as previous list, plus the following:

- Load and operate washing machine and dryer (clean lint trap and washer filter)
- Time management (get activities done in a block of time)
- Fold blankets neatly
- Straighten and organize kitchen drawers
- Help clean out refrigerator
- Prepare hot beverages
- Prepare boxed macaroni and cheese
- Cook hot dogs and scrambled eggs
- Brown hamburger meat
- Dust all household furniture
- Count and give monetary change
- Compare quality and prices (unit pricing)
- Oil bicycle
- Change light bulbs and batteries
- Vacuum car

Age 10

Same as previous list, plus the following:

- Distinguish between good and spoiled food
- Bake a cake from a mix
- Cook frozen and canned vegetables
- Understand importance of ingredient and nutrient labeling
- Plan a balanced meal
- Know how to select and prepare fruits and vegetables
- Bake cookies from scratch
- Repair bicycle tire and learn basic adjustments
- Know basic emergency first-aid procedures
- Understand uses of medicine and seriousness of overuse
- Wipe down kitchen cupboards
- Mow lawn
- Know how to handle a pocket knife
- Sew simple crafts on a sewing machine (pillows, bean bags, etc.)

Age 11

Same as previous list, plus the following:

- Replace fuse; know where circuit breakers are
- Clean and straighten garage
- Bake muffins and biscuits
- Make a green salad and dressing
- Do simple mending and sew on buttons
- Wash the car
- Learn basic electrical repairs
- Know a variety of knots
- Understand basics of camera use
- Be a helper in a church ministry (i.e. nursery, Sunday School)
- Bathe and groom pets
- Assist younger siblings with homework
- Plant flowers
- Do laundry start to finish

Ages 12-15

Same as previous list, plus the following:

- Take babysitting course through the local hospital
- Make deposits and withdrawals at the bank
- Volunteer at the library or food bank
- Time Management (should be able to manage an entire day of activities/assignments)
- Type with proficiency
- Money Management: budgeting basics, charitable giving, spending plan, saving for a car, saving money, emergency fund
- Have a work experience (paid or unpaid) with responsibilities and set hours
- Change bed sheet