

**Dear Counselling Corner:**

I would really like to know how to get my children to do more around the house. Getting them to make their beds in an ongoing struggle. And don't get me started on washing up after dinner! Any advice would be very appreciated. Thanks!

**Tired out mom**

**Dear Mom:**

Ahh, this is a question which I hear quite often! As a parent of two daughters, I certainly can understand! How often have we heard "I'll do it later"; "That's not my plate!"; "I am tired!"; or "I don't have time!"

James Lehman MSW writes a great article about this very topic. He outlines six strategies to get kids to do their chores. This is what he says:

1. End the Distractions for Your Child

What kinds of distractions are preventing your child from doing their chores? Is it electronics? If so, turn them off! Or is it something else? See what you can do to removed it.

2. Set a Time Limit for Chores

Time limits are a very effective way to help your child get their chores done. Consider a natural consequence if your child refuses to do the expected chores or does them very slowly. For example, perhaps screen time afterwards is reduced or there is less time to play with their toys before bedtime. Use a timer. You may also wish to turn the chore into a game with your child to see how quickly yet carefully it takes to complete. Try to keep things positive.

3. You may wish to give your child an allowance

4. Decide on a time when chores need to be completed. You may wish to choose a time after school or in the evening as mornings can be very rushed. Perhaps electronics are not an option until chores are done. Deciding on a time when EVERYONE does chores, also makes things easier.

5. Don't Use Chores as a Punishment

Try to keep chores as a positive activity which is also an expected responsibility.

6. You may wish to use a Reward System

Make a chore chart and post it on the fridge with your child's name and specific chores. If everything gets completed, you may wish to offer your child a preferred activity.

Here are some other links which outline ways to support your child in completing chores:

<https://imperfectfamilies.com/one-tip-to-get-your-kids-helping-around-the-house/>

<https://www.ahaparenting.com/read/5-Ways-to-Get-Kids-to-Help-Around-the-House>

If you wish to meet with me or if you have concerns about your child and would like to access my services, please email me at [hchang@sd43.bc.ca](mailto:hchang@sd43.bc.ca) and I will provide you with more detailed information and permission forms.

*The Counselling Corner is intended to offer some helpful ideas, encouragement, and insight on a variety of topics to support your child's social and emotional learning.*

**Harriette Chang**  
**School Counsellor**