



**Dear Counselling Corner:**

I would love to know the secret of getting our children to become more responsible. Over the break, I really noticed how much they need help in this area, and I am feeling very frustrated. For example, I would like our kids to clean up after themselves a bit more, keep a tidier bedroom, put their dirty clothes in the hamper and take the initiative to make a simple snack when they come home from school. I know that I have done a lot over the years for them (too much) and now I am paying the price. Do you have any suggestions for creating responsible children?

**Tired out Parent**

**Dear Parent:**

Please know that you are not alone and that this is one of the biggest battles parents face as our children grow up. Good for you for recognizing that this is an important challenge and life skill to address. Kids who have a highly developed sense of responsibility are more likely to be successful while at school and in later life. Being responsible also improves self-esteem and the feelings of empowerment in our children and gives them a sense of purpose. There are a lot of strategies to get our children to take on more ownership and to be more responsible. I found some great sites to help you out:

<https://www.ahaparenting.com/parenting-tools/character/responsibility>

<https://centerforparentingeducation.org/library-of-articles/responsibility-and-chores/developing-responsibility-in-your-children/>

<https://afineparent.com/building-character/teaching-kids-responsibility.html>

*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. Please contact me if you have any questions or concerns at [hchang@sd43.bc.ca](mailto:hchang@sd43.bc.ca).*

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