

LIFE SKILLS EVERY KID SHOULD MASTER TO BE SELF-SUFFICIENT

AGES 2-3

SMALL CHORES AND BASIC GROOMING

This is the age when your child will start to learn basic life skills. By the age of three, your child should be able to:

- Help put toys away
- Dress themselves (with some help from you).
- Put clothes in the hamper after getting undressed
- Clear their plate after meals
- Help set the table
- Brush their teeth and wash their face (with assistance)

AGES 6-7

BASIC COOKING TECHNIQUES AND HOME CLEANING

Kids at this age can start to help with cooking meals, and can learn to:

- Mix, stir, and cut with a dull knife
- Make a basic meal, such as a sandwich
- Help put the groceries away
- Wash the dishes
- Use basic household cleaners safely
- Straighten up the bathroom after using it
- Make the bed without assistance
- Bathe unsupervised

AGES 10-13

GAINING INDEPENDENCE

Ten is about the age when your child can begin to perform many skills independently. Kids this age should know how to:

- Stay home alone
- Go to the store alone and make purchases
- Change bed sheets
- Use the washing machine and dryer
- Plan and prepare a meal with several ingredients
- Use the oven to broil or bake foods
- Read food and safety labels
- Know how to iron clothes
- Learn to use basic hand tools
- Mow the lawn
- Look after younger siblings or neighbors

AGES 4-5

IMPORTANT NAMES AND NUMBERS

When your child reaches this age, safety skills are high on the list. By four or five kids should know:

- Memorize their full name, address, and phone number
- Know how to make an emergency call
- How to do simple chores like dusting in easy-to-reach places
- How to feed the pets
- Understand the very basic concept of how money is used and identify basic coins and bills
- Choose their own clothes to wear
- Put their own clothes away

AGES 8-9

PRIDE IN PERSONAL BELONGINGS

By this time, your child should take pride in her personal belongings and take care of them properly. This includes being able to:

- Fold their clothes.
- Learn simple sewing skills
- Care for outdoor toys such as bikes or roller skates:
- Take care of personal hygiene without being told to do so
- Use a broom and dustpan properly
- Read a recipe and prepare a simple meal
- Help create a grocery list
- Count and make change
- Take written phone messages
- Help with simple lawn duties such as watering and weeding flower beds
- Take out the trash

AGES 14-18

PREPARING TO ENTER ADULTHOOD

During the teen years, your child should have a very good mastering of all of the previous skills. On top of that, she should also be able to:

- Change the vacuum cleaner bag,
- Clean the stove
- Unclog drains
- Fill a car with gas
- Add air to and change a tire
- Read and understand medicine labels and dosages
- Interview for and get a job