

## SUGGESTED ACTIVITIES FOR THE HOME

### **For 2 and 3 Year Olds**

Be sure you supply the tools children can handle before asking them to do the job.

- Pick up toys and put them away in the correct place.
- Put books on a shelf, magazines in a rack, and newspapers in the recycling area.
- Sweep the floor with a child-sized broom.
- Set the table.
- Clean under the table after meals with a dustpan and brush.
- Choose between two different foods for breakfast and lunch.
- Carry own dish and silverware to the kitchen after meals. Scrape the plate. Place it on the counter or in the dishwasher.
- Learn to use the toilet.
- Brush teeth, wash and dry hands and brush hair. You will need to supply a sturdy stool in the bathroom so your child can see himself in the mirror.
- Undress himself. Dress himself with some help.
- Mop up spills or accidents.
- Put away boxes or cans from the grocery store on lower shelves.
- Take items to the recycling bin and separate various items (papers, glass, and plastic).

### **For 4 and 5 Year Olds**

This is a good age to begin using a goal chart. Choose jobs together and put them on the chart.

- Help with grocery shopping and suggest foods to purchase.
- Polish shoes.
- Feed and water pets and plants.
- Assist with raking, weeding, and planting.
- Help make his or her bed.
- Help vacuum with an electric broom or lightweight vacuum.
- Help fill and empty the dishwasher.
- Dust furniture.
- Help with “cooking” or food preparation activities, such as pouring his or her own drink, spreading peanut butter on bread, pouring cereal, adding topping to gelatin or ice cream, tearing up lettuce for a salad, adding ingredients to a dish mom or dad is cooking, holding the electric mixer to mash potatoes or combining ingredients for a cake. Prepare plates for the family dinner, clean up afterwards.
- Bring in the mail or newspaper.
- Polish silver, help polish and wash the car.
- Sharpen pencils.
- Dressing on his/her own, including choosing an outfit for the day.
- Learning to tie his/her own shoes.

- Scrubbing the sink, toilet and bathtub.
- Cleaning mirrors and windows.
- Separating the wash into various loads
- Folding the clothes and putting them away.
- Learn to answer the telephone and how to dial emergency numbers.
- Help clean the interior of the car.
- Take out the garbage.
- Begin learning social skills: sharing toys with playmates, asking before going out to play, etc...the child should be able to play for short periods of time without adult attention.
- Participate in selecting family activities.
- Begin handling money - paying for small purchases in cash and receiving change.

### **For 6 and 7 Year Olds**

- Water houseplants, lawn and outdoor flowers.
- Sweep and hose off patio or deck.
- Begin using sharp knives, to peel vegetables and the stove and microwave to prepare simple food.
- Carry in the grocery sacks.
- Prepare his/her lunch.
- Gather wood for the fireplace.
- Take the family dog for a walk (depending on the size and strength of the dog).
- Give the family pet a bath.
- Be responsible for bandaging minor injuries.
- Wash out the trashcans.
- Wash walls; mop floors.
- Straighten or clean the silverware drawer.
- Hang his or her clothes in the closet.
- Do simple ironing.
- Straighten the bathroom; hang up towels, put dirty clothes in the hamper, etc...
- Care for bicycle and outdoor play equipment
- Use an alarm clock to get up independently in the morning. Go to bed at night on his/her own.
- Take telephone messages and write them down.

### **The Child's Bedroom**

- Let your child make some decisions about the arrangement of his/her room and be sure that the room reflects his/her individuality and interests. Be certain that upon reaching three or four years of age your child does not have a room, which still reflects infancy.
- Low lights and knobs
- A Low dresser
- A low bed which can easily be made by the child (a mattress on the floor with a sleeping bag or light cover fits this requirement).
- Easy to reach hangers for clothing.

- A laundry basket or hamper for dirty clothing.
- Toy shelves, which can hold items the child is most interested in. Shelves are far better than a toy box or bin because the child can easily see the toys, feels secure in an orderly environment, can easily put toys away (order is not possible in a toy box).
- A desk or table with chair suited to the child's size.
- Plants which the child cares for.
- Book shelves with books that reflect the child's interests, current reading level, or slightly above. Rotate the books regularly and do not crowd the shelf.
- A special painting or picture, hung at the child's eye level.
- A bulletin board at the child's level (allows the child to choose art work or pictures and changes as they desire).

### **The Living Room – Family Room**

- A small comfortable chair near a good light and window.
- Books and magazines in a special holder.
- A child's record/music player.
- A picture book displayed on a holder for a very young child.
- Beautiful, interesting objects in the environment that the child can safely handle.

### **The Bathroom**

- Mirror at child's level.
- Stools so the child can easily reach the sink.
- Towel, washcloth, towel rack, toothbrush, comb and cup within reach.
- A "setup" for the child to clean the sink and bathtub.
- Color code towels and toothbrushes, etc...for each child.

### **The Kitchen**

- Place the dishes your child needs to set the table at a low level.
- Put milk, juice, water, in small pictures on a low shelf in the refrigerator.
- A low drawer that contains any materials the child needs for participating actively in the care of the home environment.
- Supplies such as sponges, child-sized mops and buckets, should be placed at the child's level so he/she can clean up their own spills.
- Child's own chair at the table.
- A stool to use when cooking and helping prepare food.

### **The Entry Area**

- Low hooks for the child's coat.
- Specific places to put boots, hats, mittens, book bags/backpacks, etc...
- A doormat to encourage wiping of feet plus a small broom and scraper to clean off shoes.