

**Parenting Tips**  
from  
**6a Penrith Place**  
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Opening times : Monday to Friday 12 PM to 4 PM

### **Helping at Home**

Family life is full of give and take, which means sharing the jobs as well as the fun. It is realistic to expect children to help out at home. Many parents, however, have difficulty getting their children to help. Some spend so much time nagging children to do jobs that they often give up asking and expect little of them. There is no need to overburden children with jobs, but sensible allocation of chores according to their age, study requirements and interests is not only good training but also a great help for parents as well.

### **Bright Ideas**

- Give children realistic jobs rather than tasks that simply keep them busy.
- Balance the personal chores with family jobs. Involve children in choosing their jobs. Rotate the unpleasant tasks frequently.
- Place the more difficult tasks on a roster. The children can refer to it when needed, which takes the load off you and removes the need to remind them.
- Ensure jobs are completed before mealtime and pleasant activities such as watching television.
- Avoid doing jobs for children. When children get the message that no one will do their jobs for them they will be more likely to help out.
- Show your appreciation for their help. Let them know that their contribution to the family is valued. If you do it often enough they may even show their appreciation for your help in return.
- Keep chores and pocket money separate, It is a reasonable expectation that children should help around the house without expecting a reward.

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