



Can I help?

Young children want to help with cooking, cleaning, and other real work. When you share tasks, you help your child:

Feel important and capable.

Learn skills.

Care about others.

Contribute to the family.

Learn to get along with people.

Participate in your family's culture.



Teach tasks that your child appears to be able to do. Patiently help when children need support or make mistakes.

"That's okay. Let's get a towel to clean up that milk."

Offer choices when you can.

"Let's set the table. Do you want to take the clean silverware from the drawer or set out cups and plates?"

Allow your child to decide, when possible.

"What should we do next to get the table ready for dinner?"

Encourage efforts without pointing out mistakes.

"I saw how carefully you washed the cup."



Activities for young helpers

- **Set the table**
- **Mix ingredients or cut soft vegetables or fruit**
- **Wipe off the table or counter**
- **Pour beverages (from a small container)**
- **Brush teeth and comb hair**
- **Put on shoes**
- **Choose clothes to wear**
- **Plant seeds or pull weeds**
- **Put away toys and clothes**
- **Fold clean laundry**
- **Put away groceries**
- **Dust furniture**

For more information, contact us at: NCQTL@UW.EDU or **877-731-0764**.

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