

Helping at Home

Important Things to Remember:

Children Need to Know What You Expect of Them

Be realistic, each child's abilities will vary depending on your child's age and stage. Show your child how to do a chore well, so they know what to do. Before asking them to do a chore on their own, work alongside them a few times showing them how to do it. Set a regular chore routine and display the routine using a chart. Make the chart fun; maybe use some of their favourite book characters?

Don't Expect Perfection

It often takes a lot of repetitive modelling, gentle correcting, encouragement, praising the effort and practise before a child can do a chore well. If they are showing effort and doing their best then they will soon master the skill. If they keep trying, not only are they developing important life skills but they are learning skills for learning and future work. They will gain confidence in mastering a skill, become more independent and responsible.

Praise, Praise, Praise!

Focus on praising their efforts and the things they do well. Encouragement and positive reassurance go a very long way! In order for them to continue to help around the home for years to come, they need to be intrinsically motivated. To develop intrinsic motivation, reward and praise the effort and the skills they are learning and try not to reward them too much with items or they may expect chocolate or a sticker every time they pick up a toy!

Make it Fun!

Your child may be reluctant at first but try and make it part of their play. Modelling a positive attitude towards helping at home goes a long way. Try and get the whole family involved. Find an item out of place and play I spy or Odd One Out. Make it a race, set a goal of picking up all the toys in a set number of minutes. Put some fun music on, children love to dance when they are tidying up. Make a To Do List or a Chore Chart; tick the chores off as you go. Use it as an opportunity to develop their counting skills. Dress up as their favourite superhero or character and they can role play whilst doing the chore. Get active! Instead of walking from one room to the next, hop like a bunny or frog; make it even more fun by making animals sounds too!



Intended Learning Outcomes that Apply to all Helping at Home Activities:

I can give and follow simple instructions.

I know the importance of keeping myself safe/ I can talk about keeping myself safe in a range of familiar situations.

I will try new things and I will persevere.

I am becoming more self reliant and confident in my own environment with new experiences.

I am learning to respect my environment and the wider world around me.

I know when to seek help for myself and others.

Intended Learning Outcome:

I know the importance of keeping myself safe when using tools and small equipment.

Activity:

With adult supervision, help prepare a meal by washing, peeling and cutting vegetables. Help with some DIY tasks at home by carrying or counting items needed. Help to dry some dishes.

Intended Learning Outcome:

I can explore, match and sort objects using one or more criteria.

Activity:

Help to sort recycling into correct bin, put away the laundry, clear the table or help to load the dishwasher.

Help to empty the dishwasher and put away some dishes. With adult supervision, help sort knives, spoons and forks. Help to sort and put away the shopping.



Intended Learning Outcome:

I regularly take part in physical activities which help to develop control of my body and increase my agility skills.

Activity: Helping to wash your car or wash the windows of your house. Help by dusting/wiping down surfaces. Help by putting clothes into the laundry basket and loading and unloading the washing machine. Help by making the bed. Fold small items such as face cloths, underwear, handtowels etc. Use a dustpan and brush to help clean up any small mess e.g. crumbs, dust....Using a small mop/cloth, help to clean up a small mess.

Intended Learning Outcome:

I am learning to respect my environment and the wider world around me.

Activity:

Help to water the plants both indoors and outdoors. Help to weed flowerbeds outdoors.

Intended Learning Outcome:

I am developing hand dominance and taking part in activities which strengthen my finger muscles. I display reasonable control when manipulating small objects.

Activity:

Help by pegging up the washing.

Intended Learning Outcome:

I make marks that represent writing.

Activity:

Help to write a shopping list.



Intended Learning Outcome:

I have growing awareness that books have different purposes.

Activity:

Help cook or bake something from a recipe book.

Intended Learning Outcome:

I can use a range of positional language in play - under/over, beside, in, out etc...

Activity:

Help by tidying up your toys.

Intended Learning Outcome:

I can share food/toys etc. among more than two teddies/children etc...

I can identify when different events happen during the day.

Activity:

Help at meal times by sharing out pieces of apples/ grapes etc between you and your family members. Help by setting the table at breakfast, lunch and dinner time.

Intended Learning Outcome:

I can retell a familiar story in different ways.

Activity:

Retell/ read a familiar story/rhyme/song to your sibling.

Intended Learning Outcome:

I am becoming more self reliant and independent with self help skills e.g. putting on/taking off outdoor clothes.

Activity:

When going outdoors, put on/take off your shoes and jackets. Help to put them away. In the morning and at bedtime, learn to dress and undress yourself. Help by putting your clothes away.

Intended Learning Outcome:

I can make choices about what I want to do.

Activity:

To help your family, choose some helping at home activities that you would like to do.

Intended Learning Outcome:

I can explore, match and sort *objects, *shapes using one criterion.

I can count out two groups of items.

Activity:

Help to pair/sort socks and shoes.

