

Chores by age: 2 to 16

Choose a suitable task to teach, then adapt the help. Ages are starting points, not readiness tests. This is a guide of options, not a daily workload.

Age	Possible tasks	Help and boundaries
2	Put large toys in a basket; carry own socks	Adult beside the child
3	Put books away; place napkins	One step at a time; low shelves
4	Match socks; wipe a small water spill	Work together; no cleaning products
5	Set out unbreakable cups; sort laundry	Demonstrate and supervise
6	Straighten blanket; water a selected plant	Help with steps and water quantity
7	Sweep a small area; fold washcloths	Define the area; check together
8	Put folded clothes away; help pack lunch	Adult checks food handling
9	Put light groceries away; dry-dust shelf	No heavy items or climbing
10	Vacuum an open area; assemble a snack	Teach equipment and safe food tasks
11	Help change sheets; fold laundry	Share awkward lifting
12	Learn a laundry cycle; help cook a dish	Adult manages hazards as needed
13	Reset shared room; plan meal ingredients	Agree scope, budget and check-in
14	Wash towels; clear up after meal prep	Follow learned safe procedures
15	Prepare a familiar meal; keep grocery list	Confirm readiness and adult oversight
16	Plan, cook and clear a meal; manage laundry	Independence follows demonstrated skill

Adults assess every task. Keep chemicals, sharp objects, hot items and unsafe equipment out of beginner chores. Teach before expecting independence.

Source context: American Academy of Pediatrics, Age-Appropriate Chores for Children and Household Chores for Teens (2024); Growing Independence (2009). Exact single-year options are editorial suggestions.

Find linked sources and full guidance in the accompanying Chores for Kids by Age article. Reviewed October 21, 2026. No family testing is claimed.

Our weekly chore chart

Pick a manageable number of jobs. Note the help needed and agree what finished means. Mark only the days when a task is due.

Name: _____ Week beginning: _____

Plan the task together

Task	When it happens	Help needed	Done means

Track the agreed days

Add a mark when finished. Leave non-due days blank; support still counts.

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun

Keep next week: _____

Change next week: _____

Start small. Show the task, practice together and review the help needed. This chart is not a test of developmental ability.