

The Science Behind Getting Kids to Pitch In: Chores and Children

Ask:

- ◆ Ask your child to do a chore you are sure they won't, and give them a deadline for completion.
- ◆ While this may sound silly, resistant children will only learn to do their chores if they learn that failing to do them will result in some consequence. When assigning the chore, don't say, "Do it now!" Give the child a deadline instead. This gives you plenty of time to figure out what you might do if the child either refuses to do the chore or forgets.

Be:

- ◆ Be quiet.
- ◆ Resist the urge to nag, remind, or threaten.

Consequences:

- ◆ Consequences and empathy will do the teaching.
- ◆ Many parents are successful with saying, "This is so sad. I had to do your chores for you. Now I don't have the time and energy to _____." Just fill in the blank with any privilege you typically provide for the child.

