



• **Newsletter — October 2025 Issue**

## **Turning Over a New Leaf: Teaching Kids Responsibility This Fall**

As the leaves change color and gently fall to the ground, autumn reminds us that change can be beautiful — and so can growth. With the shifting seasons comes a natural opportunity to slow down, reflect, and reset routines at home. It's also the perfect time to help children "turn over a new leaf" by introducing (or refreshing) household responsibilities.

Just like trees let go of old leaves to make room for new growth, kids can start letting go of dependence and begin growing in independence — one chore at a time.


Chores aren't just about keeping the house clean; they're about teaching life skills, building confidence, and creating a sense of belonging. And fall, with its cozy routines and family-focused holidays, offers a gentle entry point. Whether it's raking leaves in the yard, helping pack lunches, or learning to set the dinner table, autumn chores can be framed as meaningful contributions — not just tasks to check off.

Here are practical, age-appropriate tips that actually work:

## 1. Start Early and Keep It Age-Appropriate

Kids as young as 2 can help in small ways — and it builds a habit over time.

- Ages 2–4: Put toys away, wipe spills, feed pets with supervision
- Ages 5–7: Make the bed, set the table, sort laundry
- Ages 8–11: Take out trash, vacuum, help with cooking
- Ages 12+: Clean bathrooms, mow lawn, cook simple meals

 Tip: Show them *how* to do the chore step-by-step first.

## 2. Make Expectations Clear

Don't assume they know what you mean by “clean your room.” Be specific.

- Use checklists or chore charts with clear tasks.
- Give time frames: “Please clean up your toys before dinner at 6.”

## 3. Use Routines, Not Reminders

Build chores into daily routines so they become automatic.

- Example: “After breakfast, we put our dishes in the dishwasher.”
- Keep it predictable: Same chores on the same days.

## 4. Offer Choices When Possible

Letting them choose between chores gives them a sense of control.

- “Would you rather sweep or unload the dishwasher today?”

## 5. Use Positive Reinforcement

Praise effort, not just outcome.

- “I love how focused you were while folding those clothes!”
- Use small rewards: sticker charts, screen time, allowance (optional but motivating)

## 6. Make It Fun

Turn chores into games or challenges:

- Beat the timer: “Let’s see if we can finish cleaning up in 5 minutes!”
- Play music while cleaning
- Do chores together — kids often model your attitude

## 7. Teach, Don’t Just Tell

Chores are life skills, not punishment. Take time to teach them correctly.

- Be patient if they don’t get it right the first time.
- Show pride in their learning: “Now you know how to do laundry! That’s awesome.”

## 8. Be Consistent but Flexible

Stick to expectations, but allow some grace when needed.

- Don’t fall into the trap of doing it *for* them because it’s faster.
- But be understanding if they’re overwhelmed, tired, or stressed.

## 9. Model the Behavior

If you complain about chores, so will they. Model the mindset:

- “Let’s get this done so we can relax!”

- Normalize chores as part of being in the family.

### 💡 **Bonus: Family Meetings Work**

Hold a quick weekly check-in to:

- Rotate chores
- Celebrate wins
- Problem-solve together

In this season of change, let's help our children embrace the beauty of small efforts. After all, even the tiniest hands can make a big difference.

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**Chores help build Executive Function skills!**  
**You might also like this podcast series:**



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“Nothing is particularly hard if you divide it into small jobs.”

— Henry Ford

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Happy Fall!



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