CHORES & RESPONSIBILITIES

Making chores more manageable

Kids are more likely to follow through when expectations are clear, tasks feel achievable, and progress is noticed.

INSTEAD OF:

"I've told you five times. Why haven't you done it?"

TRY SAYING:

- Let's make this job really clear.
- What part of this job feels tricky?
- Would you like to do this now or after dinner?
- What's one small part you can start with?

WHAT TO TRY

- Give a clear, specific job rather than "clean your room" ☐
- Use a checklist or picture prompt ☐
- Break bigger jobs into smaller steps ☐
- Do the first step together ☐
- Keep expectations consistent ☐
- Notice progress: "You got started without me reminding you." ☐

Clarity helps children feel capable

Encouragement helps them keep going

Autism

- Give specific rather than vague instructions
- Use the same chores at predictable times
- Show visually what "finished" looks like
- Adapt chores that create major sensory difficulties

Dysgraphia

- Use picture based chore boards
- Use reusable printed checklists
- Try digital or voice reminders
- Avoid making writing part of the chore unnecessarily

Dyspraxia

- Break physical tasks into smaller steps
- Demonstrate movements slowly
- Use lighter or easier-to-handle equipment
- Practise the actual chore together

ARISE COACHING