

# HOT TOPICS

## CHORES AND OTHER LIFE SKILLS

Presented by Parent Network of WNY - May 2015

What do chores have to do with being a successful adult? Nobody learns to read or write without first learning the abc's (basic building blocks like letters and numbers). Chores provide the basic building blocks that teach responsibility and other skills to succeed in work and life.

Chores can help teach students life skills, which include a wide range of abilities that can be important for adult's to live on their own (independent living). The three major skill areas to look at are daily living, personal/social and occupational skills.

### Daily Living Skills

#### Are those skills needed to live on your own

- Manage a home, family, and money.
- Plan and prepare meals, read labels, follow recipes.
- Proper grooming and being clean (hygiene).
- Dress right for the weather or other situations (work, events).
- Perform housekeeping tasks.



### Personal/Social Skills

#### To keep a job and friends

Learning to get along with others is a challenge for everyone, particularly for those with special needs.

- Identify interests and abilities. Find out what they like and are good at.
- Understand the best way to use the telephone.
- Do things without help.
- Accept responsibility for actions.
- Get to school or work on time.



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## Occupational Skills

### Are important to get ahead at work

- Learn the rewards of work. Find out what happens when they do good at work.
- Learn what jobs they can do well or what they need to do at their job (job requirements).
- Follow directions and rules.
- Learn the importance of going to work and being on time.
- Show that they can do the work.



When students perform chores, it can help them to succeed in all of the above areas. As with all things, start out small. Begin with simpler tasks like picking up their mess, making their bed or putting away laundry. Then move up to doing dishes, taking out the trash or setting the dinner table. Keep adding more responsibilities/more difficult tasks as your student shows the ability to handle them.



## HOT TOPIC TIPS

**Transition** – When it comes to being prepared for the next steps in life, experience and exposure are key. Practice, practice practice helps in skill development.

**Behavior** – Positive Attention to good behavior can be a smile, a touch or praise (or all three). Be specific about what it was the child did right every time. “Great job cleaning your room!” works better than “Great job.”

**Developmental Disabilities** – Starting early with chores helps the development of life long needed skills. Also, an early start provides an opportunity to discover limitations and strengths.

**Autism** – Studies support that by actively participating in a task/job, individuals are more likely to understand and develop the skills needed to complete the task/job. Once the skill is developed they can then begin to use that skill in a variety of environments.

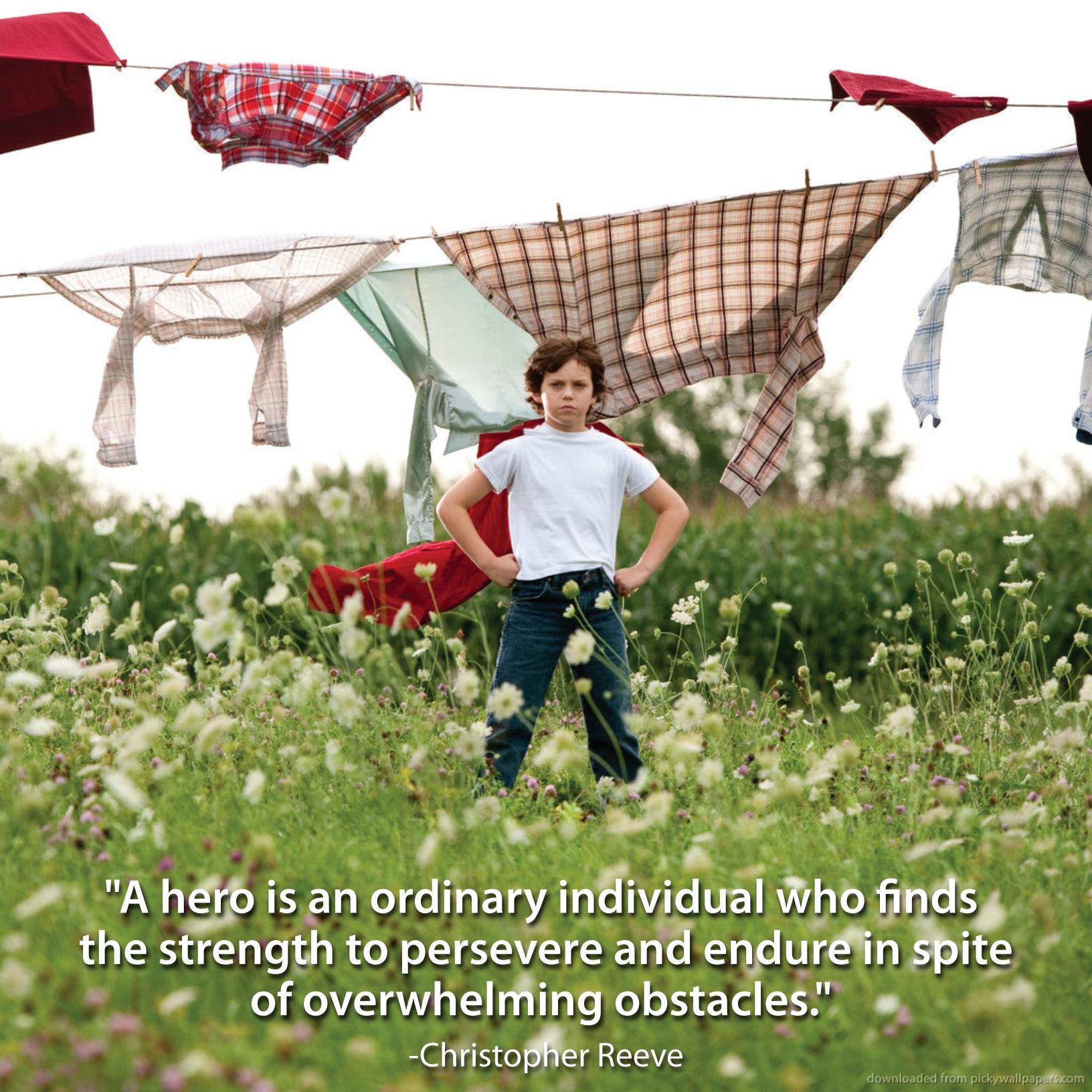
**Advocacy** – A child needs to have the opportunity to express their opinions. As they grow, this will help them feel comfortable speaking up for themselves. Adults need to model and show children the correct way to advocate.

**Special Education** – Connect with the teacher. Write a brief introduction about your child and include a photo if possible, with his likes and dislikes, things to avoid, what works and any information you think may be helpful.

**Apps** – ChoreMonster makes chores fun by engaging and rewarding your kids! [www.choremonster.com](http://www.choremonster.com)

iRewardChart looks to help parents keep track of their child's good behavior, and reward them appropriately. [www.irewardchart.com](http://www.irewardchart.com)





**"A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles."**

-Christopher Reeve