



Little Chore Captain

Become the chore captain and make helping fun.

Helps Your Child Grow



Sense of Identity and Belonging

Completing a specific, manageable helping task lets your child experience making a real contribution and build confidence and responsibility.



Attending and Understanding

Assigning simple jobs, reminding others, and checking what is finished gives your child practice understanding and expressing task-related messages.

Steps

- Your child may be especially eager to help now. Small, achievable responsibilities can turn that interest into a growing sense of contribution.
- During a family cleanup, make your child the “team captain.” Let them assign simple jobs, such as asking Dad to sweep and Mom to wipe the table.
- When everyone finishes, invite the captain to inspect the room. Look for anything missed and fix it together.
- Create a small problem for the captain to solve: “We need the trash can over here,” or “Could you bring us some water?”
- Give your child time to move between people, check the jobs, and join in when they notice something still needs attention.
- In everyday life, invite your child to help with manageable tasks such as bringing in a package or setting out bowls and forks. Ask for their ideas so the responsibility feels meaningful.

Tips

- Invite your child to describe whom they helped and how: “What did your help make easier for Dad?” This shifts attention from merely completing a task to noticing their contribution to another person.

Observations

- ☐ Notices when someone needs help, asks what they need, and offers assistance
- ☐ Listens to the problem you describe while doing chores and discusses a solution with you