CHECKLISTS

Household Tasks to Try with Children

Work at your own pace. Tick off what you finish and leave the rest for another session.

Date: _____ | 37 tasks

Use a product suited to the surface and follow its label. Never mix cleaning products. Keep them away from children and pets.

01 / Ages 1-3: helping together

- [ ] Help a child put a few toys and books away
- [ ] Wipe a small water spill together using a plain cloth
- [ ] Match clean socks together
- [ ] Help a child pull up a light blanket
- [ ] Put away a few light, unbreakable grocery items together
- [ ] Dust a low surface together with a dry cloth
- [ ] Help a child water a suitable plant

02 / Ages 4-5: small shared tasks

- [ ] Practice sweeping a small area
- [ ] Set out and collect light, unbreakable tableware together
- [ ] Help with napkins and other safe mealtime items
- [ ] Dust low shelves with a plain cloth
- [ ] Wipe a low surface with a damp cloth and no cleaner
- [ ] Water a plant together as needed
- [ ] Practice folding socks and T-shirts
- [ ] Fold and put away small towels together
- [ ] Sweep a safe part of the porch together

03 / Ages 6-11: growing independence

- [ ] Show how to vacuum a small area and supervise
- [ ] Sort clean paper and safe recyclable packaging
- [ ] Wipe a table with a plain damp cloth
- [ ] Wash and dry unbreakable dishes together
- [ ] Help with a pet’s food or water under adult guidance
- [ ] Show how to vacuum a cushion and supervise
- [ ] Load safe, unbreakable dishes together; adults handle knives and detergent
- [ ] Sort a school backpack or bookshelf together
- [ ] Collect a small pile of leaves with a suitable rake

04 / Ages 12-18: building household skills

- [ ] Choose a manageable area to vacuum or mop together
- [ ] Clean an easily reached mirror with adult guidance
- [ ] Prepare simple food together and clean up afterward
- [ ] Practice laundry with an adult handling products as needed
- [ ] Organize a study area
- [ ] Choose a small category to declutter together
- [ ] Plan a bedroom routine together
- [ ] Tidy the bathroom while an adult handles cleaning products
- [ ] Help remove and sort food while an adult cleans the refrigerator
- [ ] Rake leaves in a safe area
- [ ] Wipe a bicycle or suitable outdoor equipment
- [ ] Help plant flowers or pull identified weeds with guidance

Notes & next steps

Continue in the Tidy app

cleaning-schedule.app/en/#download