HEALTHY TIPS

# Yes, Your 8-Year-Old Kid Should Know How to Do Laundry- Here's Why

By bestfolkmedicine · 17/07/2019 · 3 min read



'My 8-year-old should know how to do laundry?! Really?!'- This is probably what most of the parents reading the title thought; however, you will be surprised to hear what experts think...

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*While our generation was growing up, we had a lot of different chores to complete; however, children today aren't helping around the house as much as we did in the past. Of course, there are those who teach their children about chores from a young age, but a lot of them don't.*

*Namely, a new poll by Braun Research showed that 82 percent of the American parents who were surveyed regularly had chores in childhood whereas only 28 percent give chores to their children*

*nowadays.*

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*Dr. Deborah Gilboa, a child development expert points out that a lot of parents today think their children have too much homework and extracurriculars to burden them with additional household chores.*

*However, she explains that giving our children regular chores is the best way to help them develop good problem-solving skills.*

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*Hence, she provided a useful guide for what types of chores we should assign our children with according to their age.*

*Below, check out the complete guide...*

**Children Chores According to Age**

- **18 months to 3 years**

In this phase, it's all about helping your child build their independence and allowing them to help you with household chores is very beneficial. But, always begin small- for example, just let them hold the dustpan together with you while dusting.

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- **4 to 5 years**

This is period when your child should be doing small tasks on his/her own, for example, collecting their toys after play time is finished.

- **6 to 8 years**

At this age, your child should already be doing weekly chores, as well as daily ones. Believe it or not, an 8-year-old is already capable of doing the laundry! Don't be afraid of assigning them chores- this will help them build habits. If you think they're too young for laundry, you can give them kitchen or pet chores- for example, taking out the trash or changing the pet's water.

- **9 to 11 years**

This is the age when you should allow your child work on their multistep tasks. Though it takes a while to become better, they're great for improving their problem-solving skills.

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- **12 to 13 years**

With tweens, it's crucial to connect the chore with something they love. For example, if they love food, helping you prepare lunch or dinner is a great option. Or, ask them to help you clean the car if they love to ride in it or cannot wait to have their driver's license!

- **14 to 15 years**

At this age, your child should be able to do chores they like, but also ones they dislike. When they reach this age, they're already capable of handling to make dinner for your family, at least once per week, or to help with other bigger projects around the house.

- **16 to 18 years**

With driving lessons completed and graduation on the doorstep, your child should already be equipped with all the skills for an easy daily life. This includes food preparation, cleaning, car maintenance, and maybe even contributing to the payment of the bills in case they have a job.

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