Age-By-Age Chore Routine Board

Build a tactile, slider-based system that fosters true independence.

Transform daily tasks into a rewarding when/then structure that anchors essential chores to existing habits. This visual system empowers your kids to manage their own routines without constant reminders.



Key Dimensions & Details

4 to 5
When/then structure chores per block

1 inch
Self-check sliders peg size

min 1.5 inches
Picture-only cues width across hallway

1 vibrant color
High-contrast 'done' hidden track signal

min 2 inches
Negative space between horizontal tracks

3 to 5 days
Initial hand-over-hand physical guidance

Celebrate the Physical Action

Celebrate sliding the peg just as enthusiastically as the chore itself during the first week to build positive momentum and make completing tasks rewarding.

Shifting to Visual Management

1. **Guide their hand** Place your hand over theirs to slide the peg, building muscle memory without frustrating verbal explanations.
2. **Stop verbal prompts** Shift to a supportive observer by halting reminders before breakfast and allowing natural delays to occur.
3. **Point silently** When kids push back, calmly direct their attention to the board instead of debating the task.
4. **Update the board** Do a bi-annual review before each school semester to replace outgrown icons with more advanced chores.

Age-By-Age Chore List

Find your row: **Child's age range**

Child's age range	Your pick	Why
Ages 2-3	Bins and hamper	Utilizes natural desire to categorize objects
Ages 4-5	Clean laundry and table	Introduces early multi-step tasks safely
Ages 6-8	Fold clothes and sweep	Builds sustained focus and spatial awareness
Ages 9+	Lunches and dishwasher	Fosters a deep sense of practical autonomy

Placement and Mounting Checks

- ◯ Measure your shortest child's maximum comfortable reach without a step stool.
- ◯ Verify hallway clearance for walking past the protruding wooden pegs.
- ◯ Locate a solid wall stud to anchor heavy mounting screws securely.
- ◯ Test the slider resistance vertically before hanging to ensure deliberate action.

Routine Notes & Ideas

Enjoy watching their confidence grow as they take proud ownership of their daily routines!