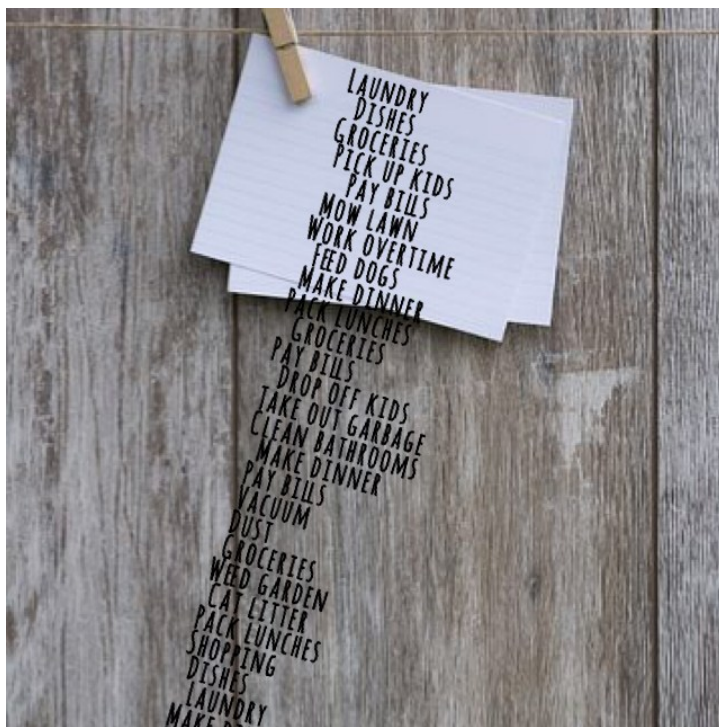


Stop Doing Everything – Teenager Chore Chart

[Life Balance](#) August 15, 2018



Work, dishes, laundry, cleaning, bills, groceries, run a kid here and the other kid there.....the list of things we need to do never seems to end. When one task is done there is always 10 more waiting in the wings. As a working woman and mom of two teenage boys, the amount of responsibilities seem endless. Consequently, for those of us who suffer from chronic stress, this is an especially big problem. It's time to put an actionable chore chart in place.

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You hear it all the time, you need to exercise, eat right, get enough sleep etc... to feel better. Really? Who has time for all that, right?

Given that we seem to have this never-ending to do list, we'll never have the time for ourselves much less our health. Well that nonsense has to stop. Do ever say to yourself, "It's just easier to do it myself". Yep, I say it all of the time. But that statement couldn't be more wrong and that attitude will leave you piled high with tasks and errands that weigh you down.

It's time to delegate. Do you do everything for your kids? Does your partner help out? Usually in today's household partners do tend to fall into their roles of responsibilities, if that hasn't happened maybe its' time for a heart to heart. We also tend to do everything for our kids. I don't think we are purposely spoiling them, it's just easier to do it ourselves, right? Wrong! Here's a list of responsibilities we can teach and delegate to our kids by age.

Chore Charts by age:

Kids Ages 7-9

Tweens – 10 -13

Teenagers – 14-18

- Pick up their toys/room
 - Fold the clothes
 - Put away their clothes
 - Make their bed
 - Get the mail
 - Empty waste baskets
 - Make a bowl of cereal
 - Pack their lunch
 - Clear the table
 - Help put away groceries
 - Help prepare meals with parent
 - Dust
 - Weed garden
 - Wipe down bathroom counter
 - Feed the pets
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- Everything on the 7-9 list
 - Vacuum
 - Take out garbage
 - Carry in groceries
 - Make simple meals (such as toast, heat up canned or frozen food in microwave)
 - Make their lunch
 - Load the dishwasher

- Clean mirrors and inside windows
 - Help in the garden (spreading mulch or soil)
 - Mop floors
 - Pick up after friends
 - Dog pooper scooper, Clean out the cat litter
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- Everything on the last two lists
 - Do their own laundry (yes they can do this)
 - Load and unload the dishwasher
 - Mow the lawn
 - Clean toilet and bathtub/shower
 - Make easy dinners for the entire family
 - Keep and know their schedule for sports, band and any other activities they participate in
 - Set an alarm and get up by themselves
 - Maintain a pre-paid credit card, manage their money and bank account, invest a small portion of any money they earn (yes they can do this too)

An easy way to delegate is with tear off note pads. A personal to-do sheet works best for my teenagers. When handing them their responsibilities for the week, it feels more like your giving them ownership of the their chore sheet. Have them turn in the finished sheet for their weekly allowance. Or maybe once a month they give you their sheets for a reward. I prefer these to the magnetic boards for my teens. However, I think magnetic boards work better

for younger kids.

Chore Tear Off Pads

Magnetic Chore Charts

You can add more to the chore chart as you see how capable your kids actually are. Teaching them can indeed be a bit stressful. And of course you can expect a little push back. But once you do, you'll find the benefits of delegating responsibility will help you reduce your stress and free up your time for more relaxing activities. ♥

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## ***Recommended Parent Resources***

Here are some great books I found on Amazon, all are also available on Amazon Audible for those of us that prefer to listen to books.

- [He's Not Lazy, Empowering Your Son To Believe In Himself](#) by Adam Price PhD
  - This book gives a whole new perspective that makes total sense on boys that "seem to be lazy, "bad", or out of touch". I listened to this whole book in about a week and I can say I learned a ton and it definitely changed my outlook. The author taught me new ways to communicate with my son,

as well as a better understanding of how his mind works. I highly recommend this book.

- [Parenting the New Teen in the Age of Anxiety: Raising Happy, Healthy Humans Ages 8 to 24](#) Dr. John Duffy
  - A book about the new challenges and anxiety teens face today. Helping us parents understand the stressors that as teens we didn't have. Provides strategies to guide our teens in the modern age.
- [How to Talk So Teens Will Listen and Listen So Teens Will Talk](#) Adele Faber and Elaine Mazlish
  - A guide on how to communicate with your teens about the tough issues. Such as, social groups, sex and drugs.
- [Ending the Parent-Teen Control Battle: Resolve the Power Struggle and Build Trust, Responsibility, and Respect](#) by Neil D. Brown LCSW
  - Power struggles are common among teen/parent relationships. This book gives you a good guide on how to stop the seemingly never-ending battles over everything.

## **Ways to Reduce Your Stress**