

Chore Skills

daily activities that are routine, household tasks



Abuse, Neglect, Trauma

How trauma relates to skill deficits with chores

A child may have skill deficits in chores due to the child's history of abuse, neglect, or trauma. Skill deficits in chores may be caused by: (1) limited examples of the chore; (2) using chores as a punishment tactic; or (3) unpleasant associations with the chore. A child who has a history of abuse, neglect, or trauma may need extra help completing chores.

1

TRAUMA

Including abuse and neglect, may affect chore skills

2

CHORE SKILLS

Teaching self-care skills to children in foster care

3

PROBLEM BEHAVIOR

Handling problem behavior in children in foster care

Emotional Awareness

Empathy communicates care to the child.



Active Listening

Empathy demonstrates that the caregiver is an active listener.



Understanding Feelings

Empathy helps the child understand his/her feelings.



Problem Behavior

Can affect completion of chore skills

- Behavior that includes abnormal behavior.
- Behavior that can be dangerous.
- Behavior that may limit the child.
- Behavior that disrupts the learning environment.



Task Analysis: A “to do” list

Breaking up tasks into simple steps

Cleaning the Table
1. Grab all supplies.
2. Remove all materials from table.
3. Spray table with cleaner.
4. Wipe table with rag.
5. Put table materials back.
6. Put rag and cleaner away.

Age-Appropriate Chores

Assigning chores that are age-appropriate

- Toddler (2-3 y.o.): make bed, take clothes to laundry, put clean clothes away, clean up toys
- Preschooler (4-5 y.o.): load dishwasher, set table, water plants, help feed pets, match socks, clean room
- Elementary (6-9 y.o.): sweep, sort laundry, wipe counters, help with meal prep, empty dishwasher, pull weeds
- Teen (13+): make meals/meal plan, clean fridge, babysit, mow lawn

PROMPTS

- Visual: anything that the child can see, such as pictures or written words.
- Vocal: a vocal directive, such as a full or part answer.
- Gesture: an action that can be watched, such as nodding or pointing.
- Increase following directions.
- Decrease problem behavior.



REWARDS

- Provide expectations & motivate good behavior
- Increases following directions and decreases problem behavior
- Provide options and deliver consistently with genuine praise. Make it special.