



# Equipping Your Child for Real Life

**\*\*All skills should be taught under adult supervision.**  
 Many take months, if not years to master.  
 Do not assume that your child has failed if they are behind.  
 Children learn best by working alongside you. \*\*

## AGES 2-4

AGE 2	AGE 3	AGE 4
<ul style="list-style-type: none"> <li>○ Undress self</li> <li>○ Put own pajamas away</li> <li>○ Wash face and hands</li> <li>○ Comb or brush own hair (with help)</li> <li>○ Brush teeth (with help)</li> <li>○ Pick up toys</li> <li>○ Tidy up bedroom</li> <li>○ Clear off own place at table</li> <li>○ Be able to play safely and alone for a set period of time (1/2 to 1 hour) in own room. (*Under supervision. Children need to know that they can be alone and still have fun.)</li> </ul>	<p>Same as previous list, plus the following:</p> <ul style="list-style-type: none"> <li>○ Dress self (with help)</li> <li>○ Make own bed (use comforter)</li> <li>○ Wipe up own spills</li> <li>○ Help set table</li> <li>○ Snap, zipper, and button</li> <li>○ Put dirty clothes in hamper</li> <li>○ Start swim lessons</li> <li>○ Carry in mail</li> <li>○ Wash table with damp sponge</li> <li>○ Fold washcloths</li> <li>○ Wash vegetables</li> <li>○ Tear lettuce</li> </ul>	<p>Same as previous list, plus the following:</p> <ul style="list-style-type: none"> <li>○ Use a handheld vacuum</li> <li>○ Help gather laundry</li> <li>○ Pick up outside toys</li> <li>○ Dust and clean bookshelves</li> <li>○ Empty small wastebaskets</li> <li>○ Know own phone number</li> <li>○ Know own address</li> <li>○ Help empty dishwasher</li> <li>○ Help bring in groceries</li> <li>○ Sit quietly in church (looking at books or drawing quietly is OK)</li> <li>○ Next level swim lessons</li> <li>○ Feed pets</li> </ul>

## AGES 5-7

<u>AGE 5</u>	<u>AGE 6</u>	<u>AGE 7</u>
<p>Same as previous list, plus the following:</p> <ul style="list-style-type: none"> <li>○ Put clean clothes away neatly</li> <li>○ Swim (goal – swim independently)</li> <li>○ Leave bathroom clean after use</li> <li>○ Clean toilet</li> <li>○ Receive a small allowance (if used)</li> <li>○ Money Management: saving, spending, and charitable giving</li> <li>○ Know how to make emergency phone calls (911)</li> <li>○ Dust low shelves and objects (consider using a Swiffer)</li> <li>○ Empty kitchen trash</li> <li>○ Organize bathroom drawers</li> <li>○ Learn to roller skate</li> <li>○ Learn to jump rope</li> <li>○ Learn to ride a bike</li> <li>○ Begin learning how to tie shoes</li> <li>○ Fold towels</li> </ul>	<p>Same as previous list, plus the following:</p> <ul style="list-style-type: none"> <li>○ Organize own drawers and closet</li> <li>○ Empty dishwasher and put dishes away</li> <li>○ Wash and dry dishes by hand</li> <li>○ Straighten living and family rooms</li> <li>○ Rake leaves</li> <li>○ Help put groceries away</li> <li>○ Make juice from a can or mix</li> <li>○ Make a sandwich and toast</li> <li>○ Basics of spending, saving, and giving</li> <li>○ Pour milk into cereal</li> <li>○ Pour milk or juice into a cup</li> <li>○ Wash out plastic trash cans</li> <li>○ Clean mirrors</li> <li>○ Bathe alone</li> <li>○ Clean windows</li> <li>○ Pack lunch for school</li> <li>○ Fold simple laundry</li> <li>○ Load and Unload Dishwasher</li> <li>○ Practice basic phone skills</li> </ul>	<p>Same as previous list, plus the following:</p> <ul style="list-style-type: none"> <li>○ Use a vacuum cleaner</li> <li>○ Clean pet cages and food bowls</li> <li>○ Use a broom and dustpan</li> <li>○ Sweep porches, decks, driveways, and walkways</li> <li>○ Take a written phone message</li> <li>○ Learn basic food groups and good nutrition habits</li> <li>○ Cook canned soup, prepare Jell-O, and eggs</li> <li>○ Read and prepare a simple recipe</li> <li>○ Be familiar with measuring tools for cooking</li> <li>○ Money management (earning money and saving for a goal)</li> <li>○ Cut up own meat, pancakes, etc.</li> <li>○ Water outside plants, flowers, and garden</li> <li>○ Weed flower beds and vegetable garden</li> <li>○ Strip bed sheets</li> <li>○ Carry dirty clothes hamper to laundry room</li> <li>○ Sort clothes for washing and check pockets</li> <li>○ Straighten book and toy shelves</li> <li>○ Begin music lessons</li> </ul>

## AGES 8-10

<u>AGE 8</u>	<u>AGE 9</u>	<u>AGE 10</u>
<p>Same as previous list, plus the following:</p> <ul style="list-style-type: none"> <li>○ Fold clothes neatly without wrinkles</li> <li>○ Remake own bed with clean sheets</li> <li>○ Clean interior of car</li> <li>○ Vacuum furniture (ie., chairs and couches), especially under cushions</li> <li>○ Water house plants and lawn outside</li> <li>○ Clean bathroom sink, toilet, and tub</li> <li>○ Load and turn on dishwasher</li> <li>○ Trim own nails and clean own ears</li> <li>○ Learn model making</li> <li>○ Set table correctly</li> <li>○ Mop floor</li> <li>○ Peel carrots and potatoes</li> <li>○ Begin teaching time management skills, assignment deadlines, or short blocks of time</li> <li>○ Money Management: Spend, Save, Give principle</li> <li>○ Use alarm clock to get self up</li> <li>○ Put groceries away</li> </ul>	<p>Same as previous list, plus the following:</p> <ul style="list-style-type: none"> <li>○ Load and operate washing machine and dryer (clean lint trap and washer filter)</li> <li>○ Time management (get activities done in a block of time)</li> <li>○ Fold blankets neatly</li> <li>○ Straighten and organize kitchen drawers</li> <li>○ Help clean out refrigerator</li> <li>○ Prepare hot beverages</li> <li>○ Prepare boxed macaroni and cheese</li> <li>○ Cook hot dogs and scrambled eggs</li> <li>○ Brown hamburger meat</li> <li>○ Dust all household furniture</li> <li>○ Count and give monetary change</li> <li>○ Compare quality and prices (unit pricing)</li> <li>○ Oil bicycle</li> <li>○ Change light bulbs and batteries</li> <li>○ Vacuum car</li> </ul>	<p>Same as previous list, plus the following:</p> <ul style="list-style-type: none"> <li>○ Distinguish between good and spoiled food</li> <li>○ Bake a cake from a mix</li> <li>○ Cook frozen and canned vegetables</li> <li>○ Understand importance of ingredient and nutrient labeling</li> <li>○ Plan a balanced meal</li> <li>○ Know how to select and prepare fruits and vegetables</li> <li>○ Bake cookies from scratch</li> <li>○ Repair bicycle tire and learn basic adjustments</li> <li>○ Know basic emergency first-aid procedures</li> <li>○ Understand uses of medicine and seriousness of overuse</li> <li>○ Wipe down kitchen cupboards</li> <li>○ Mow lawn</li> <li>○ Know how to handle a pocket knife</li> <li>○ Sew simple crafts on a sewing machine (pillows, bean bags, etc.)</li> </ul>

## AGES 11-18

<u>AGE 11</u>	<u>AGE 12-15</u>	<u>AGE 16-18</u>
<p>Same as previous list, plus the following:</p> <ul style="list-style-type: none"> <li>○ Replace fuse; know where circuit breakers are</li> <li>○ Clean and straighten garage</li> <li>○ Bake muffins and biscuits</li> <li>○ Make a green salad and dressing</li> <li>○ Do simple mending and sew on buttons</li> <li>○ Wash the car</li> <li>○ Learn basic electrical repairs</li> <li>○ Know a variety of knots</li> <li>○ Understand basics of camera use</li> <li>○ Be a helper in a church ministry (ie., nursery, Sunday School)</li> <li>○ Bathe and groom pets</li> <li>○ Assist younger siblings with homework</li> <li>○ Plant flowers</li> <li>○ Do laundry start to finish</li> </ul>	<p>Same as previous list, plus the following:</p> <ul style="list-style-type: none"> <li>○ Take a babysitting course through the local hospital</li> <li>○ Make deposits and withdrawals at the bank</li> <li>○ Volunteer at the library or food bank</li> <li>○ Time Management (should be able to manage an entire day of activities/assignments)</li> <li>○ Type with proficiency</li> <li>○ Money Management: Budgeting basics, Charitable Giving, Spending Plan, Saving for a car, Saving Money, Emergency Fund</li> <li>○ Have a work experience (paid or unpaid) with responsibilities and set hours</li> <li>○ Change bed sheets</li> </ul>	<p>Same as previous list, plus the following:</p> <ul style="list-style-type: none"> <li>○ Plan well-balanced meals, including shopping and cooking</li> <li>○ Pass a driver's test</li> <li>○ Write checks and balance a checkbook</li> <li>○ Fill out a job application</li> <li>○ Make one complete meal (nothing gourmet, just make sure they can feed themselves)</li> <li>○ Money Management: Budget / Cash Flow, Debit cards vs. Credit Cards, Fraud Protection, Teaching Investing</li> <li>○ Prepare a resume</li> <li>○ Perform basic first aid and CPR</li> <li>○ Check and fill all car fluids</li> <li>○ Prepare family meal once a week</li> <li>○ Clean shower &amp; tubs</li> </ul>

### Book Resources

\*Life Skills: Life Skills for Kids: Equipping Your Child for the Real World by C. Field

If I Have to Tell You One More Time by Amy McCreedy

The Danger of Raising Nice Kids by Timothy Smith

Cleaning House by Kay Wills Wyma

What Every Child Should Know Along the Way by Gail Martin

Pinterest Life Skills Board: <http://pinterest.com/kedesigns/life-skills-for-kids/>