

chores

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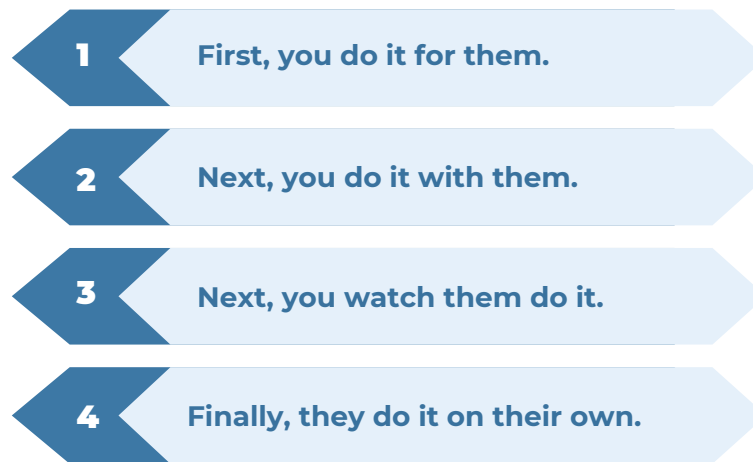
This Simple  
4-Step Process



Kids Who Will Be  
Independent,  
Successful  
Adults

One of the core responsibilities of parenting is helping our kids master the skills they'll need to be independent, successful and self-sufficient adults by the time they leave our nest.

Julie Lythcott-Haims, the best-selling author of *How to Raise an Adult*, says **chores are a great way to foster independence! She details this four-step process to help kids master them:**



Julie explains that **long-term studies show a child's professional success in life correlates to chores done in their youth.** Chores help develop a work ethic early on and helps put them on the path to long-term success.

So start this process with chores right away! Whether your child is 2 or 12, you can begin with basic tasks (sorting laundry, putting away dishes, dusting) and follow the four steps to take them from dependent to independent.

**IMPORTANT: Tempting as it may be, don't skip any steps!**

Every step is important to help build independence and mastery. Additionally, in step 2, as you do the chore alongside your child; *narrate* why and how you're doing it. During step 3, coach them from the sidelines as necessary.

**NOTE: Need help implementing the four-step process? Print out the next few pages and post them in a place where you'll see them often and use them as your guide!**

## Remember

**Skill Mastery Takes Time and Practice!** Start with chores. Narrate as you go. Be their coach. Stay emotionally calm and connected so your child has ample opportunity to learn.

**Give Them Opportunities to Solve Their Problems.** If they run into problems, ask gentle leading questions instead of jumping in with a solution. (E.g., "What do you think may have caused this?" or "What do you think we can do to solve it?")



To learn more about fostering independence and for many more ideas for raising kids to become successful adults, please take a look at Julie Lythcott-Haims' Fostering Independence Masterclass available in The AFineParent Academy at: <https://afineparent.com/academy>

# EXAMPLES OF CHORES + THE FOUR-STEP PROCESS

## Example #1 :

### LAUNDRY

#### Step #1: Do it For Them.

If your child is 2+ years old, it's time to transition to Step #2.

#### Step #2: Do it With Them

Invite your child to do it with you.

If your child is young, they'll already *want to* do it with you. **Let them!** Expect that they will be slow, and won't be able to do it to your standards. Let them help you fold the towels or ball the socks. The key is to find things their little hands can do, and be patient and encouraging.

If your child is older, they may resist. **It's time to get creative!** Throw a laundry-and-movie party. Or make it a time for planning your next vacation. Irrespective of their age, let them start with easy items. Narrate while you fold other items. Transition slowly. Be intentional about keeping it fun. Stay calm and patient.

#### Step #3: Watch Them Do It

Next, transition to folding your own laundry while they fold theirs. Or do some other chore in the same room while they fold laundry. You are still around, and will offer help if required. But you are mostly hands off.

#### Step #4: They Do It On Their Own

Depending on the age of your child, this may happen in just a few weeks, or several years down the line. One way or another you have taught them well, and your job is done. They now have an important skill every adult needs!

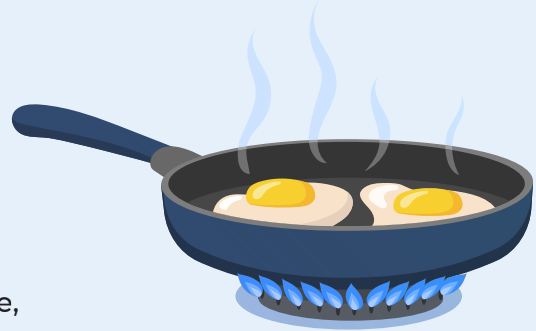


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# EXAMPLES OF CHORES + THE FOUR-STEP PROCESS

Example #2 :

## COOKING



### Step #1: Do it For Them.

When they're young, let them watch. When possible, carry them while you cook so they can see up close. Once your child has some dexterity, set them up in a high chair and let them cook with play food as you cook real food.

### Step #2: Do it With Them

Let them help with the cooking. And narrate, narrate, narrate! Talk aloud about what you do. ("Oh, the stove's a little high, let me turn it down so the eggs don't burn.")

Is your child older or resisting? Make it fun! Pretend you're culinary chefs in a food competition. Put on a chef hat (a paper hat is just fine) and speak in an Italian accent. Or ask silly questions and make them laugh ("What if a chicken comes out when I crack this egg?") Or let them teach you! ("Will you show me how to crack an egg with the spoon? I always do it on the side of the pan!")

### Step #3: Watch Them Do It

Have *them* narrate to you. Feel free to gently coach if necessary, but stay on the sidelines. If they get frustrated or angry, be their cheerleader! Kids sometimes get frustrated when the food doesn't turn out perfectly and may vent it out on you. Don't take it personally! Talk about what they did right and celebrate their attempt.

### Step #4: They Do It On Their Own

They might burn the eggs or over oil them another ten times before they get it right, but that is how they learn! They're one step closer to success. Check the box!

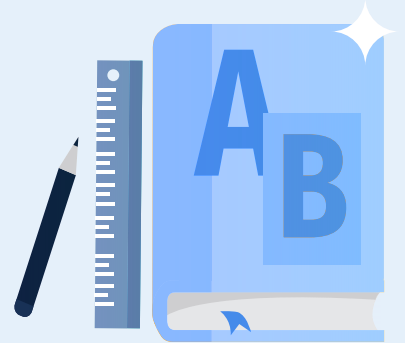


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# FROM CHORES TO LIFE SKILLS!

## Example #1:

### MANAGING HOMEWORK



#### Step #1: You Do it For Them.

Not the homework, that is. Early on, you manage your child's timeline and make sure they are getting things done. By the time they are in grade school, you're ready for...

#### Step #2: You Do it With Them.

Speak aloud as you organize their schedule for them. ("It's Monday, you have Math due tomorrow and reading due Friday. What do you think is the best to start first?")

Listen to their ideas, and guide them as needed. Don't hesitate to talk about your failures to manage your time as a kid and explain what you've learned over the years in a condensed, age-appropriate manner. (Narrate, don't lecture!)

#### Step #3: Watch Them Do It

You've helped them develop the skills to manage their work, so let them manage it now as you watch from the sidelines. ("With soccer game and grandma's this weekend, do you think you'll have enough time to complete this project on Sunday night?")

It's okay if they make mistakes and mess it up -- the sting of turning in a half-completed project will be more impactful than constantly nagging them to do it.

#### Step #4: They Do It On Their Own

Will there be F's and missing assignments? Maybe. Will there be crammed study sessions and tears? Probably. You've given them the skills to manage this on their own, so now let them! This is an important skill they need to master well before heading to college. So, make yourself available to help but don't relapse back down through the steps. Trust them! They've got this!



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# Great Parents are Made, Not Born

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Here is a quick preview clip  
of this masterclass:

If you cannot play this clip, please  
copy-paste this link in your  
browser:

<https://afineparent.com/jlh-preview>



Here's what a mom in our AFineParent Academy community had to say:

“

Tonight I received an email from another site about a masterclass that sounded like something I would really want to attend. I thought I'd check the Academy first and sure enough, there is already a masterclass in there. YAY! A similar thing happened a couple of months ago when another expert was recommended to me! I'm really so thrilled with the Academy and appreciate all that you've done and wanted to let you know! THANK YOU!!

- Kristina M.



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