



Home Learning Fun



make every day an adventure

Topic: Building Self-Esteem



Activity: Jobs and Chores

How do you do it!

Thinking about your child's age and development, try to come up with a list of chores around the house which you know your child will be able to manage, or chores you could do together working as a team.

What to do next!

Some jobs they could help with might be to sweep up, sort washing and pair socks, wipe the table, help with the shopping list. Perhaps you could create a rota and build it into your daily routine so your child knows what to expect, you could sing tidy up songs or make up your own song for the jobs you're doing. Have fun together, celebrate their achievements and give lots of praise, positive language and smiles!

Why do we do this:

If we help our children feel good, confident and proud of themselves they are more likely to try and explore new things and go on to become confident learners.

More Ideas:

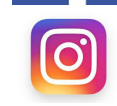
- **Encourage your child to start doing some things for themselves such as putting on socks, pulling up a zip on a coat**
- **Allow your child to make some choices. This could be which fruit to have for snack or which game to play together.**
- **Make a scrap book of your child's achievements.**
- **Remember lots of praise and encouragement and have fun!**



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