

# Household Chore List

Use this checklist to help you keep track of the typical household chores

## Chores to complete daily or weekly

### Bathroom

- Clean toilets
- Clean sink
- Clean counters and drawers
- Empty trash
- Sweep and mop floor

### Kitchen

- Clean and wipe countertops
- Scrub stovetop
- Clean and put away dishes
- Empty trash

### Bedrooms

- Make beds
- Pick up, wash and put away laundry (or as needed)
- Vacuum or sweep floors
- Organize and pick up closet

### Living room

- Tidy and declutter space
- Dust and wipe down surfaces
- Vacuum or sweep (or as needed)

### Miscellaneous

- Clean doorknobs and light switches throughout your living space

## Chores to complete biweekly or monthly

### Bathroom

- Scrub shower and clean shower curtain
- Wipe mirror (or as needed)

### Kitchen

- Clean out fridge and wipe down shelves (or as needed)
- Clean inside and outside of oven
- Wipe down front of cabinets (or as needed)
- Clean inside and outside of the microwave (or as needed)

### Bedrooms

- Dust blinds or clean curtains
- Clean baseboards
- Dust nightstand

### Living room

- Clean baseboards
- Clean windows

### Miscellaneous

- Tidy all storage closets and spaces (or as needed)
- Tidy outdoor space (or as needed)
- Clean out car (or as needed)

## **Age-appropriate Chores**

When kids are old enough to help, encourage them to clean their own rooms to teach responsibility, self-reliance and cleanliness.

Kids can also help tidy around the house! Dusting, wiping down easy-to-reach surfaces, and tidying up bedrooms and living areas are great starter chores for toddlers. As children get older, they can help with laundry, dishes, bathroom cleaning, vacuuming, and more.

For more specific ideas by age, visit the [Child Development Institute's website](#).