



OUR FAMILY'S GOLDEN RULES

1

When asking for something, say “please.” When receiving something, say “thank you.”

2

Unless it's a true emergency, do not interrupt when grown-ups are speaking. Wait until they are finished, or until there is a definite pause in the conversation.

3

Call adults by their last name with the proper title (Mr., Mrs., Miss, Ms.) unless instructed otherwise.

4

If you have doubt about whether or not you can do something, or have something, ask permission from an adult.

5

Choose kind words. Always.

6

When making a phone call, introduce yourself before asking to speak with the person you are calling. Also, when answering the home phone, introduce yourself the following way: Hello, this is _____.

7

If you are bored, keep it to yourself. You are responsible for your own entertainment.

8

If you see an adult or a friend struggling with something, offer help right away. Also, if you are seated and an adult is standing, offer your seat.

9

Use proper table manners. Ask for items to be passed, chew with your mouth closed, napkin stays on lap, and use utensils properly. When finished eating, clear your own place setting.

10

Mom and Dad are the bosses. End of story.

7 Simple Chores to do Every Day, Rain or Shine

1

Make Beds Right Away

The second you climb out of bed in the morning, make it. It's such a wonderful feeling to have accomplished something at 6am. Teach your children to do the same—if beds are made daily, they don't get destroyed as easily, and it really takes less than a minute to pull a sheet taught and straighten the comforter. If you haven't already done so, streamline your bed linen to the bare essentials. There's no need for 50 decorative pillows or an elaborate stuffed animal collection. Really.

2

Do One Complete Load of Laundry

A complete load means one that is washed, dried, folded, and put away. I'm not trying to be mean; I'm trying to be realistic. It is no fun to save all the laundry for one day a week and not be able to leave the house. Do a little each day, and you will no longer waste away a beautiful afternoon because you are stuck inside tackling a mountain of clothing. I hate ironing, but have found that if I iron clothes while slightly damp I save a ton of time.

3

Empty All Garbage Cans

On our honeymoon, Adam promised he would empty the garbage cans every single day without being asked. This hasn't happened. It actually kind of pisses me off. Instead, the kids help with the wastebaskets in the bathrooms and their bedroom, and I take out the kitchen garbage every morning after emptying the dishwasher. If I fill it again during the day, I put it right in the middle of the kitchen with the recyclables and hope Adam trips over it. I'm kind of mean like that.

4

Keep Your Kitchen Sink Empty

I don't know what it is, but if you put something, anything, into the sink, other pieces of flatware are magically drawn to it and all of a sudden the sink is completely filled and rendered useless. Instead, take the time to put your dirty items into the dishwasher right away, or wash the item quickly by hand. It really doesn't take that long. Just do it.

5

Clean Up After Yourself and Help Children Do The Same

My friend Alison home schools her nine children. I love Alison. I met her before having children of my own, and she is hands-down my mommy idol. She shared with me once that the secret to parenting is to remember that your goal is to raise capable adults. Chores are not only okay, they are necessary. Model good behavior for your children. Take the time to put your shoes all the way into the closet and hang up your coat. Once you are putting your own things away, your children will be more likely to follow suit.

6

Bathroom Wipe-Down

This is my favorite. I keep a container of disinfectant wipes in the bathroom, and wipe down the toilet (inside and out) every day. If it's been a particularly um, busy day—I will do it twice. This keeps me from never having to scrub out the toilet with one of those scrubber brush things that I find beyond disgusting. I also quickly wipe down the shower stall and bathroom floor. After showering, use an item from the dirty clothes pile to dry the shower walls and door. This will keep mold and soap scum from accruing. Now use your damp item to quickly mop up the bathroom floor. Dust and hair will disappear and will keep you from needing to mop.

7

Before Bed 10-Minute Clean Up

Before retiring for the night, do a super quick once over the living spaces of your house. Recycle the magazine left on the coffee table, and stack leftover drinking glasses in the dishwasher. Put the couch cushions in order, and fold the blanket. You will wake up much happier each morning if you aren't greeted to last night's mess.

Kid Chore List

1 to 2 Years of Age

Babies and young children enjoy being “big helpers,” and can begin to participate in the following household chores with adult supervision, help, and guidance:

- Sort Laundry
- Empty Wastebaskets
- Bring in the Mail/Newspaper
- Match Socks
- Pull up Bed Clothes
- Empty Spoons and Plastic ware from the Dishwasher Caddy
- Put Toys Away in Appropriate Containers
- “Dust and Clean” with a Baby Wipe

3 to 6 Years of Age

Preschool-age children can continue to help with all of the chores listed above, along with the following added responsibilities:

- Make their Own Beds
- Load and Unload the Dishwasher with Assistance
- Help Younger Siblings Clean up Strewn Toys
- Feed and Water Pets
- Pull Weeds
- Water Plants
- Use a Whisk Broom to Clean up Crumbs Under the Dinner Table
- Use a Hand held Vacuum Cleaner to Spot-clean, or to Vacuum the Stairs
- Put Away their Own Laundry
- Set the Table for Meals

7 to 10 Years of Age

School-age children are capable of fulfilling all of the tasks listed above, as well as these new additions:

- Complete an entire load of wash
- Help younger siblings put away laundry
- Vacuum their own rooms
- Maintain order in their bedrooms
- Sweep the kitchen
- Load and unload the dishwasher independently
- Walk the dog
- Clear the table after meals

Preteen through Teenage Years

Although teenagers would rather lie around and talk on the phone (or text, whatever) all day, they are fully able to help their parents out with most of the housekeeping duties, inside and out, including these new ones listed below:

- Vacuum the house
- Sweep the house
- Clean the refrigerator
- Wipe down the bathrooms
- Wipe down the kitchen counter tops
- Help younger siblings as needed
- Perform more strenuous work in the garden

Family Meeting

Date: _____

Upcoming Events:

This Week's Highs:

To Be Worked On:

Open Discussion Of Today's Topic:

☐ Plan Meals For Upcoming Week(s)

☐ ~Adjourn Happy~

Further notes:

5 to 9 Day Planner

5am	_____	00	_____	1pm
	_____	15	_____	
	_____	30	_____	
	_____	45	_____	
6am	_____	00	_____	2pm
	_____	15	_____	
	_____	30	_____	
	_____	45	_____	
7am	_____	00	_____	3pm
	_____	15	_____	
	_____	30	_____	
	_____	45	_____	
8am	_____	00	_____	4pm
	_____	15	_____	
	_____	30	_____	
	_____	45	_____	
9am	_____	00	_____	5pm
	_____	15	_____	
	_____	30	_____	
	_____	45	_____	
10am	_____	00	_____	6pm
	_____	15	_____	
	_____	30	_____	
	_____	45	_____	
11am	_____	00	_____	7pm
	_____	15	_____	
	_____	30	_____	
	_____	45	_____	
12pm	_____	00	_____	8pm
	_____	15	_____	
	_____	30	_____	
	_____	45	_____	

[illegible]

Happy Family Kit

Chore Chart

Kid Chore	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Notes
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