Age appropriate family task chart

Assign manageable tasks with clear expectations.

Three steps

1. Discuss suitable tasks
2. Agree timing and help
3. Review without punishment

A worked example

Task	Put books away
Person	Child
When	After school
Help needed	Reminder

A simple task has a clear finish point.

Match tasks to age and ability.

Age appropriate family task chart

Use one row per item or decision. Start with what you know.

Task	Person	When	Help needed

My next action / when