

## Let Go of Mom Guilt & Fill Your Own Cup: 3-Part Video Series

### Video 1: Talking About You | Chores by Age

#### Age

#### Age Appropriate Chores

**2-3**  
Years Old

- Make bed
- Fold clothes
- Put toys away
- Dust
- Unload the dishwasher
- Feed the pets
- Water the plants
- Swiffer the floor

**4-5**  
Years Old

- Match socks
- Wipe up spills
- Clean room
- Wash fruits and veggies
- Set the table
- Unload the groceries from the car (with supervision)

**6-9**  
Years Old

- Sweep
- Fold laundry
- Wipe counters
- Vacuum
- Pack lunches
- Help make dinner
- Pull weeds
- Rack leaves

**10-12**  
Pre-teen

- Take out trash
- Wash laundry
- Mop
- Help prep meals
- Make easy meals
- Wash pots and pans
- Clean windows
- Clean out car

**13+**  
Teens

- Mow the lawn
- Prepare meals
- Wash cars
- Help with repairs
- Clean house and bathrooms
- Clean out the fridge
- Babysitting

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..... Video 1: Talking About You | What You're Tolerating .....

**01**

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**02**

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**03**

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**04**

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**05**

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Let Go of Mom Guilt & Fill Your Own Cup: 3-Part Video Series

..... Video 1: Talking About You | Chore Chart .....

*Daily*

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

*Sunday*

*Saturday*

*Weekly*

*Monthly*

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