

Do Dads Make a Difference? You Bet They Do!

IT'S A FACT: Studies show that children who have chores at home are more successful in school than children who don't have chores. They get better grades, are more social and more confident.

Kids and Chores

IF YOUR CHILD IS OLD ENOUGH to carry a dustpan, they're old enough to do their part around the house. It's true that it's quicker to just do the job ourselves, but taking the time to involve young children in household chores, will make household management much easier in the long run. Early childhood is the time to instill positive associations about helping.

- **Make it fun!** Do chores side by side with your child, in a friendly, relaxed manner. Put on some music or sing a song together. Dust with old socks on your hands. Water plants with a hose. These are techniques that feel like great fun to a young child. When possible, let your child choose chores that he likes to do.

- **Make it simple.** Jobs that may seem simple to us are complicated to a child. Show a child how a task is done. Break it into small tasks. Instead of saying "Clean your room" say, "Let's clean up your room. There are three things we'll do to clean it up. First let's put the legos in the basket." Once that job is finished say, "Now let's put the books on the shelf..." Begin with easy one-step chores.

- **Find chores that are appropriate to your child's age and abilities.** Most toddlers can throw clothes in the dryer with you. But they're too young to manage a broom. Check parenting websites for suggestions about chores that are a good fit at various ages. Don't base chores on gender. Boys can help make dinner and girls can take out the trash.

- **Foster a sense of belonging.** Always thank your child for her contribution to the family. The need to belong runs



deep in all of us, and this is a great motivator for children to be cooperative members of the family. Make this link for them by saying "Thanks for helping me put the clothes in the dryer. You are helping our family."

- **Consider the relationship between chores and money.** Some people tie allowance to household responsibilities to show that one earns money through work. Others believe that chores are simply a part of family life. Allowance is kept separate from chores. It's money given to the child to help her learn about budgeting and saving. Decide which system is right for your family.

REMEMBER – Even if children are “happy helpers” when they’re young, as teens they may see your requests to help out around the house as an intrusion. Mowing the lawn or putting away the dishes requires time that adolescents would rather spend with friends. However, if they learn early that everyone helps in a household, they’re more likely to accept their responsibilities without too much fuss.

Join us for the VNA Fathers and Children Together (FACT) group

*Bring your child for a fun night with dad!
Give your child's mom a night off!*

FACT brings dads and children together in groups. FACT is a fun place for dads to 'tune up' their parenting skills and connect with their kids through play and learning. All expectant dads and dads with children ages birth to 6 welcome. VNA FACT has been supporting dads and kids since 1993.

Find a VNA FACT group in your area:

TOWN	LOCATION	DAY AND TIME
Winooski	Winooski Community Center 32 Malletts Bay Avenue	Mondays 5:30 pm – 7:30 pm
Burlington	VNA Family Room 20 Allen Street	Tuesdays 5:00 pm – 7:30 pm
St. Albans	The Family Center 27 Lower Newton Street	Wednesdays 5:30 pm – 7:30 pm
Milton	Milton Family Community Center 23 Villemaire Lane	Thursdays 5:30 pm – 7:30 pm

- ✓ **Free!**
- ✓ **Don't cook – eat dinner at FACT**
- ✓ **Learn more ways to be a great dad**
- ✓ **For dads and kids, or just dad:**
 - * **Activities**
 - * **Playgroup**
 - * **Fieldtrips**

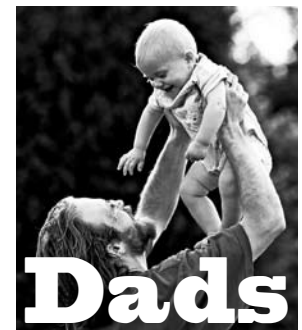
For more information about FACT and other programs for dads, call the VNA at 800 427-1908 or 860-4420, check out www.vnacares.org or email Steve Mojica at mojica@vnacares.org.



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All of these services are available to all eligible persons, regardless of race, gender, age, disability, or religion.

It's a
FACT



*Make a
difference!*