Opportunity Mindset Tips
Transforming Challenges into Possibilities

“My child never does their chores, no matter how many times I ask.”

CHALLENGE
How do I get my child to do chores and contribute?

CHOICE
You can decide how to think about this moment and how to respond. You can choose to see this challenge as a chance for your child to learn and grow.

OPPORTUNITY
When children learn to be responsible for tasks, it helps them develop the Life Skill of Self-Directed, Engaged Learning. This skill will help them in school and in life.

SKILL-BUILDING STRATEGIES

1. TAKE YOUR CHILD’S VIEW
NOTICE how your child may be feeling. Remember that children often want chances to make some of their own decisions. Find out what is keeping your child from completing their tasks. Do they struggle to manage their time, not like a specific chore, feel distracted, or wish they could be doing something else?

2. SHARE REASONS
SET LIMITS and explain your reasons. Tell your child why the chore is important so they see why their contribution matters. Let them know that wiping the table helps keep bugs away. Or explain that putting toys away makes it easy to find them the next time.

3. PROVIDE CHOICES
OFFER your child options within the limits you set. Give your child a say in which chores they complete or when to complete them. You can ask, “Would you prefer to set the table or clear the table after lunch?” Or, “Which things would you like to put away first?”

4. PROBLEM-SOLVE TOGETHER
INVITE your child to suggest ways to help them complete their chores. For example, with your help, they can make a list of tasks to do. Many children enjoy creating their own to-do list and checking off items. Think together about ways to make chores more fun, like listening to music or working together.

5. SCAFFOLD
BUILD ON progress your child makes. Notice when your child completes a chore and provide specific praise. You can say, “Thank you for helping—the table is so clean!”

An Opportunity Mindset means choosing to see a challenge as a chance to learn and grow.

SELF-DIRECTED, ENGAGED LEARNING
Learning to take responsibility, set goals, and think through strategies for reaching those goals can help children meet life’s challenges and live up to their potential in a changing world. When a child engages in regular chores, it promotes a sense of responsibility and helps them feel like an important member of their family or their group at school. Source: Mind in the Making
For more information visit: www.mindinthemaking.org

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