



# Why Chores are the Best Thing for Children

## By Sophia Wu, Grade 5

What if all children were able to do chores responsibly without having to be bribed or forced into doing? Children should be able to resist the urge to ask for payment because chores are relevant to cleaning the space they live in. Although often debated amongst children, chores are much more suitable for youth than purposeless pastimes such as television because they encourage self-reliance and teach valuable life skills, unlike television, which only harms the eyes and delays teaching responsibility.

Chores help kids learn self-reliance by letting them perform tasks around the house that strengthens their ability and may help kids later in life in times of need. Tasks that personally affect children, such as cleaning their room or doing their own laundry, can help them become more self-reliant and responsible at the same time.

For example, they might be hungry, yet there is no one around the house to feed them and there are no snacks in the pantry. Then, they could take what they have learned from doing the chores (maybe one day they helped to cook dinner) and use that information when they need it. So then the solution for them could be to cook an omelet or something else that is edible. Self-reliance is important for a child because when there is no one around, they need to learn how to rely on themselves.

When I think about kids spending approximately 14 hours a week watching television, a few age-appropriate chores seem reasonable. Television not only hurts children's eyesight but diminishes the trait of hard work in children. When a child sits down and starts watching TV, he or she will most likely start thinking, "Why do I have to work hard when I can watch TV all day?" Also, when children stare at the screen, their rate of blinking drops to only one-seventh of normal blinking frequency. This can cause soreness of the eyes and a greater need for glasses. Unlike television, chores do the exact opposite. Chores take effort to complete, and this need for effort can exercise it in other hard situations, such as sports. Also, trying to strain your eyes around the house for dust around the house could strengthen eyesight.

Chores help teach life skills. Similar to other habits, the earlier kids learn to help with daily duties, the more likely they will continue as they get older. They are young now, but they will not be kids forever! Laundry, cooking and budgeting are just some of the skills kids will need once they finally move out. These are also things that schools do not fully teach, making learning them at home even more important.

In other words, start early, even if it is a simple task like feeding the dog or cat. After all, it takes about 3 minutes to make a bed, 20 seconds to put laundry in the basket and putting dishes in the sink requires less than a minute. Chances are children may not grow up to be pro-athletes, but they are going to need the life skills of making a bed and doing dishes.

To summarize, while many youths disagree about whether chores should be done or not, clear evidence shows that chores are the way to go and worthless diversions are not. Parents should encourage children to do chores because they have many benefits, such as helping children to gain self-trust and to learn many relevant habits needed for their later stages of life.

So, the next time you finish your chores, resist the urge to ask for payment and just feel proud of your accomplishments around the house.



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