

# Pointers For Parents

## How To End The “Chore Wars”

(NAPS)—Getting kids to help at home can be more like child’s play if you follow one expert’s advice.

According to the CLR Chore Wars Survey by TNS, nearly half of kids admit they’ll do anything to get out of doing chores. Plus, half of parents admit they spend just as much time arguing with their children about chores as they spend doing them. To help, child psychologist Dr. Michele Borba offers families practical, solutions-based strategies to strengthen communication and cooperation.

### Chores Are Not Punishments

Make cleaning a family activity. “Assign a room, hand out cleaning supplies, set a buzzer for five minutes, and then dash to your designated area to clean things ‘spick-and-span’ before the timer goes off,” she suggested. “Kids love to ‘beat the clock’ and you’ll have the house back in order in minutes.”

### Start Early

Dr. Borba also tells parents that the earlier you expect your kids to take an active role in helping around the house, the easier you’ll find it is to get them to lend a hand. She adds, “Even kids as young as 3 can help out. Though it’s never too late for basic training, it’s easier to begin earlier.”

### Assign Responsibilities

A study by Opinion Research Corporation (ORC) found that if kids weren’t taught how to do the chore by a parent, they usually gave up in frustration. Introducing each task by using three steps is simple but important.

**1. Teach:** Go through the task as you explain each step so your child knows what to do.

**2. Supervise:** Now watch him to ensure he can handle the job.



**Even kids as young as 3 can help out with cleaning chores.**

**3. Inspect:** Your child does the chore independently but knows to anticipate a surprise inspection from you to ensure he’s succeeding at the level you expect.

Few know housecleaning chores better than Alison Gutterman, president of Jelmar, maker of CLR Cleaners. “As a mom and woman business owner, I understand how maintaining a home can be a strain on a family,” she says. “Part of a 60-year-old family business dedicated to cleaning, CLR helps families with their toughest cleaning needs—from making kitchens sparkle to convincing children to help with chores,” Gutterman adds.

You can determine your cleverness when it comes to cleaning and chores by taking the Chore War “Alert Level” quiz at [www.clrchorewars.com](http://www.clrchorewars.com). It may help you better understand your and your child’s cleaning personalities and how they interact. The site also offers more of Dr. Borba’s tips on avoiding a Chore War at home.