

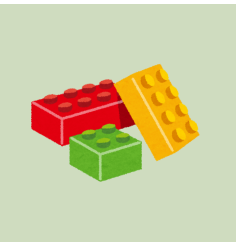
CHORES: 0-1 YEAR

Even little ones can start learning to help through play and routine! These activities build early independence, motor skills, and connection.



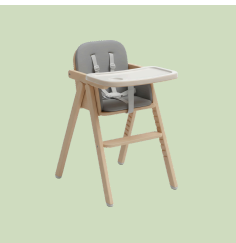
HELPING PUT AWAY TOYS WITH ASSISTANCE

Encourage your baby to drop a toy into a bin with you. This teaches them how to finish playtime, follow simple directions, and feel proud of “helping.”



HANDING ITEMS TO CAREGIVER

Ask your baby to give you a toy or cup. This builds sharing, turn-taking, and early communication skills, all important for social and emotional growth.



WIPING TRAY OR HIGHCHAIR WITH HELP

Offer a soft cloth and show your baby how to “wipe.” Even if you do most of the work, they learn by watching and copying your actions.



PUTTING ITEMS INTO A CONTAINER

Encourage your baby to drop blocks or toys into a basket. This helps them practice hand-eye coordination and problem-solving in a fun way.



TOUCHING AND HELPING WITH LAUNDRY

Let your baby touch soft towels or put small clothes into a basket. It’s a fun sensory experience that helps them learn textures and daily household routines.