

CHORES: 2-3 YEARS

Toddlers this age love copying adults! Giving them simple “helper” jobs strengthens coordination, confidence, and a sense of belonging in family routines.



SORTING LAUNDRY BY COLOR OR OWNER

Let your child help separate dark and light clothes, or match socks. This builds problem-solving, attention, and visual-matching skills.



PUTTING AWAY TOYS INDEPENDENTLY

Encourage your child to clean up one type of toy at a time. It teaches organization, following directions, and finishing a task.



HELPING DRESS THEMSELVES

Let your child choose between two shirts or try putting on pants. This supports fine-motor control, body awareness, and decision-making.



CARRYING LIGHT GROCERIES/PUTTING ITEMS IN THE FRIDGE

Give them lightweight items to carry or place on a low shelf. It builds strength, balance, and early community living skills.



HELPING FEED PETS (SUPERVISED)

They can pour water or scoop food with your guidance. It teaches empathy, routine, and taking care of others.