

Learn About The Role of Children at the Home

By: **Madelein Hernández Díaz**, Psychologist
Johana Cotrino Villarraga, Psychologist
Colegio VID



1. Is it important to assign responsibilities to children at home?

Yes, children, regardless of their age or family structure, should have an active role in daily household activities. This helps them develop autonomy, independence, and self-confidence, as it allows them to take on responsibilities that positively impact the family ecosystem. Additionally, it promotes the development of practical skills that facilitate adaptation to other environments, such as school.

2. How to assign responsibilities to children at home according to their age?

It is important to consider the developmental process at different stages, including thinking and language skills.

Younger children can be involved by allowing them to imitate tasks such as sweeping, dusting, and cleaning.

From ages 4 or 5, children develop greater skills and can perform tasks such as making their bed, folding blankets, putting away toys, and taking dirty clothes to the laundry basket.

Older children (ages 7 to 10) can take on more complex tasks such as organizing groceries, helping with pets, folding clothes, assisting in the kitchen, and more.

During puberty and adolescence, young people can handle not only more complex tasks but also perform them with higher quality. They develop greater attention, concentration, and attention to detail. Families may assign tasks such as cleaning the bathroom, hanging clothes, walking the pet, mopping, among others.



3. Who assigns and supervises responsibilities?

Household tasks are assigned by the authority figures in the child's life, such as caregivers they live with: mother, father, grandparents, or uncles and aunts. It is important to establish agreements and communication among adults to ensure consistency and balance in the assignment of household tasks.

4. Are there differences in household responsibilities based on gender?

Differences in responsibilities are determined more by beliefs and family dynamics than by gender. It is important to emphasize that both boys and girls benefit from learning different types of activities, including organization, cleaning, hygiene, and food preparation.



5. Recomendaciones a los padres, madres y/o cuidadores en cuanto a la asignación de responsabilidades en el hogar.

- The earlier children are involved in household tasks, the more naturally they will integrate them into their routine.
- Avoid presenting household chores as punishments, as this creates the perception that they are undesirable.
- Children's and adolescents' participation in household tasks is important and provides short- and long-term benefits.
- All tasks should be assigned moderately, considering the child's age and individual characteristics.



Recommended Readings:

<https://www.healthychildren.org/Spanish/family-life/familydynamics/communication-discipline/Paginas/chores-and-responsibility.aspx>

<https://www.healthychildren.org/Spanish/familylife/familydynamics/Paginas/Household-Chores-for-Adolescents.aspx>

Imágenes tomadas de Freepik

Editorial Committee

Salud VID • Danny Javier Robles Gómez - General Director • Juan Mario Jaramillo Acosta - Director of Clinical Laboratory
 • Carlos Mario Cardona Betancur - Head of Dental Laboratory • Ana María Montoya Duque - Microbiologist
 • Margarita María Montañón Hernández - Dental Coordinator • Daniel Mauricio Castañeda Vargas - Marketing Coordinator
Organización VID • Santiago Estrada Mesa - Assistance, Teaching, and Research
Clínica Cardio VID • Juan Carlos González Arroyave - Scientific Director

Reviewed and Designed by the Communications Department of Organización VID

Escanea el código QR y conoce todas las Cartas de Salud

