

A PROV226 PARENT GUIDE

The Age-by-Age Responsibility Chart

What should your child be doing, and when? A complete guide to raising competent, capable children from ages 3 to 17.

— "Train up a child in the way he should go..." Proverbs 22:6 —

Most children aren't irresponsible, they're **undertrained**. They do exactly as much as they have been taught. This chart isn't about creating chore robots. It's about building children who **see a need and meet it**, who carry their weight in a family, and who step into adulthood already knowing how to live. Start where your child is. Be patient. Be consistent. **This is the work.**

1

Find your child's age

Locate the age group that matches your child. Each stage builds on the one before it.

2

Start with one category

Don't overwhelm. Pick one area this week and build the habit before adding another.

3

Praise progress, not perfection

The goal is a capable adult, not a perfect child. Keep the long view.

3-5
YEARS

The *Little Helpers*

At this age, they want to help. Let them. Don't miss this window.

SELF CARE

Taking Care of Me

- Wash and dry hands independently

- Brush teeth with supervision

- Put dirty clothes in the laundry basket

- Dress themselves in simple clothes

- Use the toilet independently

HOME HELP

Helping the Family

- Pick up and put away toys

- Put books back on the shelf

- Help set the table (cups, napkins)

- Feed a pet with supervision

- Wipe up small spills

CHARACTER

Learning to Be Good

Say please, thank you, and sorry

Listen when an adult speaks

Share toys with others

Obey the first time (in training)

Express feelings with words

SUPERVISION



90%

All about teaching, not testing

6-8

YEARS

The Growing Contributors

Old enough for real responsibilities. Young enough to still enjoy them.

SELF CARE

My Morning Routine

- Wake up with an alarm clock

- Make their own bed daily

- Shower or bath independently

- Pack their own school bag

- Prepare a simple breakfast

HOME CHORES

My Jobs at Home

- Clear and wipe the dinner table

- Sweep floors with supervision

- Load and unload the dishwasher

- Take out small trash bags

- Water the plants

SCHOOL & SOCIAL

Beyond the Home

- Complete homework independently
- Keep track of school supplies
- Resolve small conflicts peacefully
- Read for 20 minutes daily
- Save small amounts of money

SUPERVISION



65%

Build the habit together, then step back



The Capable Builders

If they can't do these yet, make this your urgent priority.

SELF MANAGEMENT

Running My Life

- Manage their own schedule

- Do laundry: wash, dry, fold

- Prepare simple meals independently

- Manage a small weekly budget

- Wake without parental help

HOUSEHOLD

Carrying the Home

- Cook basic meals (eggs, pasta, rice)

- Mop floors

- Clean the bathroom sink and toilet

- Grocery shop with a list

- Help care for younger siblings

CHARACTER & FAITH

Growing on the Inside

- Personal prayer and Bible time
- Resolve conflicts without parents
- Admit wrong and apologize genuinely
- Show initiative without being asked
- Understand money basics

SUPERVISION



40%

Check in, but let them own it



The Rising Leaders

Give them responsibility before the world gives them consequences.

INDEPENDENCE

Leading Themselves

- Plan and cook a weekly family meal

- Manage their own hygiene fully

- Handle their own homework system

- Budget allowance or earnings

- Do all their own laundry

FAMILY ROLE

Contributing at Home

- Babysit younger children

- Deep clean one room weekly

- Help with grocery planning

- Run errands in a safe neighbourhood

- Help siblings with homework

WISDOM & CHARACTER

Becoming Who They'll Be

- Resist peer pressure consciously
- Lead a devotion or family prayer
- Set and pursue a personal goal
- Handle conflict with maturity
- Practice digital self-discipline

SUPERVISION  25%

Guide the direction, not every step



The Almost Adults

Three years or less. Everything now is final preparation.

ADULT SKILLS

Ready for the World

- Cook full, varied meals for the family
- Manage a bank account
- File simple forms and documents
- Navigate public transport alone
- Know first aid basics

RESPONSIBILITY

Carrying Real Weight

- Hold part-time work or an income source
- Manage their own medical appointments
- Plan and execute a family event
- Mentor or lead a younger child
- Handle household emergencies

FAITH & FUTURE

Stepping Into Purpose

- Personal daily devotion, unasked
- Know their gifts and calling
- Make ethical decisions independently
- Serve in church or community
- Hold a clear vision for their life

SUPERVISION  10%

You are coaching now, not parenting

A Word to Every Parent

Before you print this and hand it to your child, read this first.

01

Start where they are, not where they should be

If your 12-year-old can't make their bed, start there. No shame. Just begin. Responsibility is caught through repetition, not lecture.

02

Do it with them first

Show, don't just tell. Every new responsibility needs a demonstration phase. Work beside your child, then step back slowly. That's how trust is built.

03

The goal is an adult, not an obedient child

Compliance without competence produces a dependent adult. You're not raising a good child, you're raising a good person. Keep the long view.

04

This is about character, not chores

A child who makes their bed learns follow-through. A child who cooks for the family learns service. Every task is a character lesson. Name it as you teach it.

MORE FROM THE PROV226 PROJECT

The Whole Library, *Built for African Parents*

Digital store launching July 1

Practical tools, real-life stories, and workbooks across seven shelves, made to help you raise God-loving, well-behaved, balanced, happy and confident children. If this free chart helped, here is everything else waiting for you.

★ MOST POPULAR

How to Teach Your Child Your Language in 12 Weeks

(Speak Home: Foundations)

A 12-week workbook to pass on your mother tongue before it slips away, built for any language, with a worked Igbo edition and child activity pages. The resource African parents in the diaspora ask for most.

HERITAGE LANGUAGE SHELF

Parent Tools

SHELF

- **The Talk.** A seven-chapter guide to the conversations every parent dreads but cannot skip.
- **Without Shouting.** How to raise well-behaved children with calm, not volume.
- **The 7 Family Systems.** The seven systems every Christian family needs to run well.
- **The 20-Minute Family Devotion.** A 100-day devotional the whole family can do together.
- **The Body Talk.** Age-by-age sex education and body safety, from ages 3 to 17.
- **The Discipline Reset.** For difficult or over-pampered kids, when nothing has been working.
- **100 Prayers for Your Children.** A prayer for every part of your child's life and growth.

Faith Builders

SHELF

- **How to Build a Bible Reading Habit (God and Me, Ages 4 to 7).** A first Bible-reading habit for little ones.
- **How to Build a Bible Reading Habit (Seeking God, Ages 13 to 17).** A Bible-reading habit that survives the teen years.
- **How to Build a Bible Reading Habit (Walking With God, Ages 8 to 12).** Building a real Bible habit in the middle years.
- **Talking to God About Everything.** Teaching prayer, for ages 4 to 17.

Character Builders

SHELF

- **I Can Do Hard Things (Ages 4 to 7).** Little stories about being brave, with the Flopster.
- **I Can Do Hard Things (Ages 8 to 13).** Doing the tough stuff, and finding out you're tougher.

Teen Wisdom Guides

SHELF

- **The Comparison Trap.** Helping teens find real self-worth in a filtered world.
- **Faith That's Actually Mine.** A 30-day guide for teens owning their own faith.

Life Skills for Kids

SHELF

- **The Responsibility Challenge.** A 30-day family system for raising capable, contributing kids.

Bonding & Screen Detox

SHELF

- **250 Screen-Free Activities.** Ready-to-use activities by age, from 3 to 17.
- **Book Before Screens.** A 30-day plan for raising kids who reach for the book.
- **The No Screen Weekend Challenge.** 48 hours to change how your family talks, laughs and connects.

Raising amazing children doesn't happen by accident. It happens by intention.

Explore the full library at prov226project.com



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Proverbs 22:6

RESOURCES THAT RAISE THE NEXT GENERATION

prov226project.com