

How To Maintain Your Sanity & Productivity With Kids At Home, Session 3

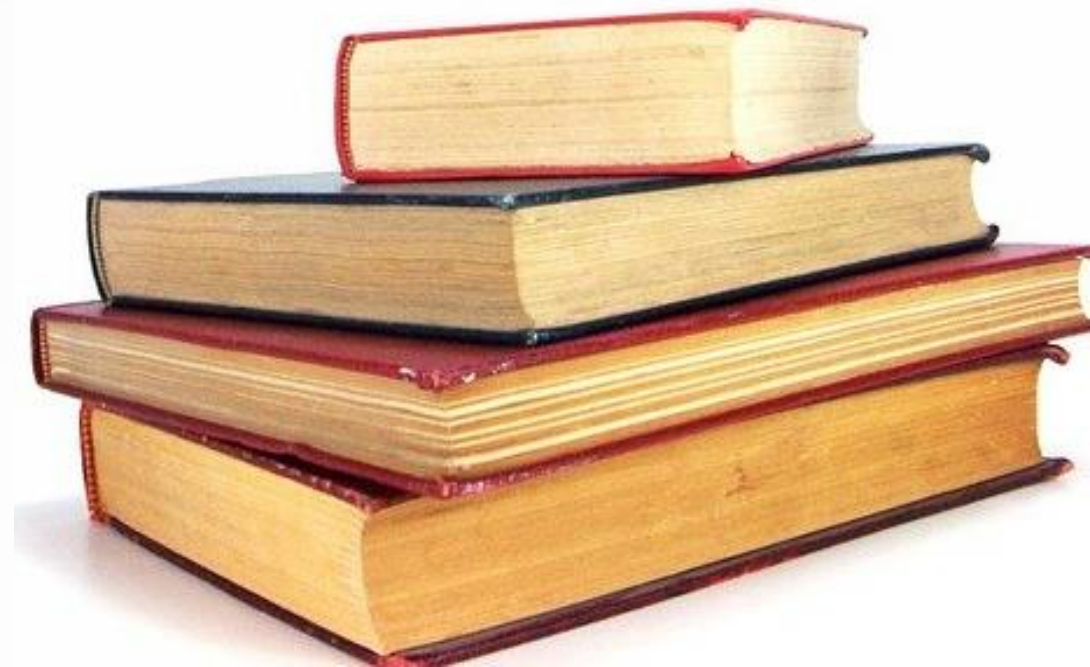


Your host, Alison Meredith:

Alison Meredith taught High School Math in the 1990s, at Dobyns-Bennett and at schools in North Carolina and Massachusetts. She received a national award in 1997. Alison and her husband Tim have been home-educating their kids for 20 years; they have 7 kids ages 8-20.

Tim and Alison own Holston IT, a business which provides cybersecurity to other businesses throughout Southwest Virginia and the Tri-Cities.

Alison is a best-selling author. She and other IT leaders wrote **You Are the #1 Target**, to help business owners implement cybersecurity. She also has a Kindle book about protecting kids in digital communications.



Yesterday's Tips:

- **Create a Reasonable Schedule**
- **Communicate clearly through signs and lists**
- **Secret Sauce Tool for Getting Work Done at Home**
 - **Quiet Time**

Today's Tips: Choretime!

- **List all your chores**
 - **Define frequency: daily, weekly, etc.**
 - **Break up bigger chores into smaller tasks**
- **Figure out preferences and skills**
- **Create and Post:**
 - **Schedule**
 - **Step-by-Step Instructions or prompts**

List All Chores Step One: Clipboard Tour With Your Kids

Give every kid a clipboard/hard-cover book , with paper and pencil

Tour the house with your kids.

In each room ask the kids to look and think:

Does this room look great?

Would we be proud if << name >> came to visit and walked into this room?

What could YOU do to help this room be cleaner / look better?

You take a clipboard too.

Write the ideas of the younger kids who can't write fast.

(Write your ideas too, but focus on getting the kids to voice their ideas)

List All Chores Step Two: Ask Your Kids: Why Do We Do Chores?

Wait for it Let them think

Some kids (or maybe you) will say “I hate it when things are messy.”

We keep things clean to show our respect and love for these people, even if we personally don't care when things are messy.

When I Help Clean My Home, I demonstrate that
I respect myself and that
I respect the other people in my family.

List All Your Chores

Make a messy brainstormed list with your kids

Use the ideas they wrote on the house-tour, along with your ideas

Categorize Your Chores

Before Every Meal

Cook

Set Table

Twice a Day

Living Room Pick-Up

Hall Bathroom

Twice per week

Sort clean socks

As Needed

Porch Improvement

Clear Outdoor Drain

After Every Meal

Kitchen

Dining Room

Every Day

Sort clean Laundry

Put away clean laundry

As Needed

Take the Trash out

Break Up Big Chores into Smaller Tasks

Clean Living Room can become

Clear the Floor

(use Pickup Box for all but shoes,
clothes, trash)

Put things away

Vacuum

Laundry can become

Separate towels, socks, clothes

Sort clothes

Sort and pair socks

Fold and put away towels

Figure Out Preferences and Skills

- **Preferences:**
 - Ask them which ones they like to do / don't like to do
- **Skill assessment:**
 - Ask them what they think they are good at doing
(this is separate from what they like best to do)
- Explain that YOU will be working to make the schedule and it won't be perfect for anyone. Chores are work.

**Create and Post:
Schedule (Who Does What When)
Step-by-Step Instructions (What to Do)**

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