**I Did it All By Myself!**

**An Age-by-Age Guide to Teaching Your Child Life Skills**

**Ages 2 and 3: Small Chores and Basic Grooming**

This is the age when your child will start to learn basic life skills. By the age of three, your child should be able to

* Help [put his toys away](https://www.familyeducation.com/printables/behavior-checklists-charts-printables/printable-clean-your-room-checklist-kids).
* Dress himself (with some help from you)
* Put his clothes in the hamper when he undresses
* Clear his plate after meals
* Assist in setting the table
* Brush his teeth and wash his face with assistance

**Ages 4 and 5: Important Names and Numbers**

Safety skills are high on the list, now. She should know

* Her full name, address and a phone number to reach you
* How to make an emergency call

Your child should also learn how to

* Perform simple cleaning chores like dusting in easy-to-reach places and clearing the table after meals
* Feed pets
* Identify money denominations and understand the very basic concept of how money is used
* Brush her teeth, comb her hair and wash her face without help
* Help with basic laundry chores, such as putting her clothes away and bringing her dirty clothes to the laundry
* Choose her own clothes to wear

**Ages 6 and 7: Basic Cooking Techniques**

Kids at this age can start to [help with cooking meals](https://www.familyeducation.com/recipes/kitchen-fun/10-simple-ways-involve-your-kids-kitchen), and can learn to

* Mix, stir and cut with a dull knife
* Make a basic meal, like a sandwich
* Help put the groceries away
* Wash the dishes

Your child should also learn how to

* Use basic household cleaners safely
* Straighten up the bathroom after using it
* Make her bed without assistance.
* Bathe unsupervised.

**Ages 8 and 9: Pride in Personal Belongings**

By this time, your child should take pride in her personal belongings and take care of them properly. That includes being able to

* Fold her clothes
* Learn simple sewing
* Care for outdoor toys such as her bike

Your child should also learn how to

* Take care of [personal hygiene](https://www.familyeducation.com/node/4150) without being told to do so
* Use a broom and dustpan properly
* Read a recipe and prepare a simple meal
* Help create a grocery list
* Count and make change
* Take out the trash

**Ages 10 to 13: Gaining Independence**

Ten is about the age when your child can begin to perform many skills independently. She should know how to

* [Stay home alone](https://www.familyeducation.com/node/5682)
* Go to the store and make purchases by herself
* Change her own bed sheets
* Use the washing machine and dryer
* Plan and prepare a meal with several ingredients
* Use the oven to broil or bake foods

Your child should also learn how to

* Read labels
* Iron clothes
* Use basic hand tools
* Look after [younger siblings](https://www.familyeducation.com/node/20775) or neighbors

**Ages 14 to 18: More Advanced Skills**

By 14, your child should have mastered of all of the previous skills. On top of that, she should be able to

* Perform more sophisticated cleaning and maintenance chores, such as plunging a toilet, cleaning the stove and unclogging drains
* Fill a car with gas, add air to and change a tire
* Read and understand medicine labels and dosages
* Interview for and get a job.
* Create and maintain a calendar

**Young Adults: Preparing to Live on His Own**

Your child will need to know how to support herself when he goes away to college or moves out. There are still a few skills she should know before venturing out on his own, including

* Make regular doctor and dentist appointments and other important [health-related appointments](https://www.familyeducation.com/family-life/are-teledocters-a-good-option-for-parents-and-kids).
* Have a [basic understanding of finances](https://www.familyeducation.com/node/34428), and be able to manage his bank account, pay a bill and use a credit card.
* Understand basic contracts, like an apartment or car lease.
* Schedule oil changes and basic car maintenance.