



BEST MOTHER'S DAY GIFT EVER AND ONE THAT LASTS ALL YEAR

By Dr Karen Phillip

JOBS TO HELP MUM EVERYDAY

- Why not make this Mother's Day her very best?
- Why not make Mother's Day an every day?
- Let's all do something for Mum ... everyday, she deserves it ...everyday... she works for us... everyday ...
- Now it's time to show her how much we all appreciate and love her ... everyday

JOBS TO HELP MUM EVERYDAY



In 2006, researchers released a report which concluded that

“Parent behaviours that are responsive and positive, and favour independence learning, influence a child’s development far more positively than parents doing everything for their child”

Therefore teaching Children household tasks is advantageous to them and you

Women Still....

- Remain the main home-maker, main parent, main carer
- Often work outside the home as well as in the home
- Expected to undertake home and care duties
- Assumed to be main parent raising children
- Place themselves behind everyone else
- Often believe it remains their job to do everything, when it isn't. Those days should have disappeared decades ago. We need to ensure all kids, mainly our boys and men, understand this. Men and Women are equal.

THE WORK MUM'S DO EVERYDAY – WOW !!!

We couldn't fit them all in, here is just a few



Start to generate your jobs list

Depending on the age of your children can depend on the type of jobs you can allocate

1. The older the child, the more complicated the job
2. The younger the child, the easier the task

Sit down with the kids. Talk to them about all the tasks mum undertakes, list them all plus extras they don't realise she does

- It may take time to understand the amount of jobs that need doing most days and each week. Dad and kids may need to combine to work out what it is that mum does everyday, some of which they would have no idea.
- Make a comprehensive list as best you can. Have a look at all the jobs before moving on to working out how each of you can participate.
- Be sure to consider school, work and sport rosters

This is an important time for the children to learn new skills.

We can all benefit from a well run home, especially Mum



SET A TIMETABLE FOR ALL

The following job distribution list is designed for a working mum (F/T or P/T), to help balance household tasks

- If your children are over 5 or 6 years old, task them small jobs
- Older children can take on more responsibility
- Children can learn - it's a necessary part of preparing for life
- Discuss what family members need to do – list all jobs
- Set tasks for everyone; this is a family, everyone is involved
- Get your partner on side to come from a united front
- The older the child, the more jobs they can do (mindful of school work & sports)
- Everyone needs some responsibility

HOW DOES THIS WORK?

Design your list around time available in regards to work and school hours

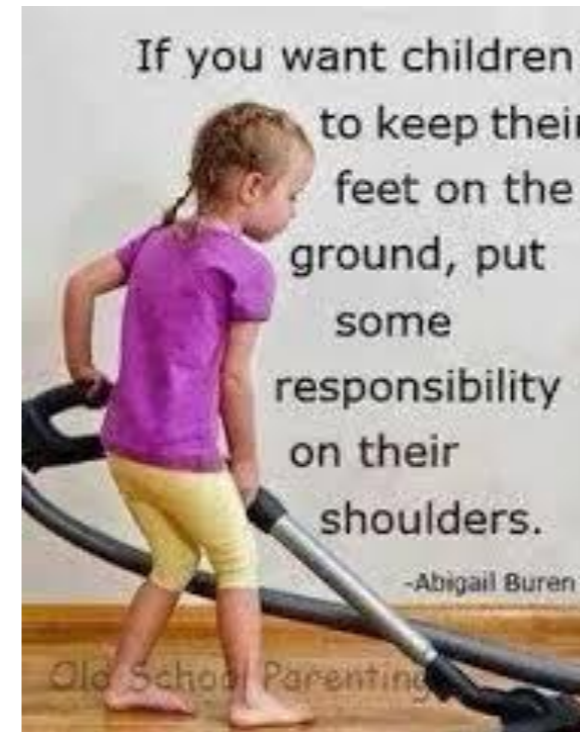
- Decide what you and others will do
- Set a timetable or roster
- Have everyone, especially your partner, participate
- Negotiate the timetable
- Ask for assistance or hire help
- Arrange things that work
- Make adjustments
- Schedule in time for you
- Schedule time in for you and your partner



Having everyone pitch in makes the home run smoothly plus teaches great skills for Kids



The many things Kids can do – Teach, they Learn



TEENS ARE VERY CAPABLE AND CLOSE TO INDEPENDENCE



SET THE NEW RULES

STEPS

- Prepare the list of jobs
- Organise the tasks for everyone, with their input
- Set a timetable / roster for everyone to follow
- Prioritise the jobs
- Have everyone know what the others are to do and when
- Adjust each month if need be and for fairness and to enable all members to learn new skills

Influence outcomes with language

Use Language to guide the decision

We use a term referred to as a Double-Bind

A double-bind is asking the other person to do something by making it difficult for them giving you a negative response.

When we ask someone to do something and give them 2 choices, they choose the one they prefer and therefore the decision remains with them.

They are not being directed, they are being asked, and their choice remains theirs which leads us to complete what we decided to do.

(example on next page)

Influence outcomes with language

Requesting something can have a positive outcome if asked right

- Would you like to take out the rubbish before you have a shower or before you watch your show?

(either way they will take out the rubbish at a time they choose)

- Are you planning on completing your homework before dinner or before you take a shower tonight?

(either way homework is set to be completed when the child chooses when they will do it)

- You can either choose to do A and have to go to your room or you can choose B and then play your game...what do you choose?

(giving the person a choice on doing something with a consequence or doing something else to get what they prefer. We always put what we want them to do last)

Division of Jobs can be easy

A family meeting one afternoon or evening can sort the jobs for everyone

1. List all jobs needing to be done each week
2. Allocate each person to a specific job each day / week
3. Each person to be given a job each day or week eg: Mum may unpack dishwasher Mon, Thu; Dad on Tue, Sun; Child 1 on Wed, Fr; Child 2 on Saturday
4. Jobs can be divided up weekly or monthly to ensure all family members learn how to do each job
5. Mum can be included in the division to show fairness and she can assist the younger children to learn

Start to generate your family jobs list

As an Example of 1 week,
sharing jobs between all

JOB	WHEN	Mum	Dad	Child 1	Child 2
Cook dinner	pm	x	x		
put on washing	am./pm	x		x	
hang washing	am			x	
bring in washing / fold clothes	pm	x			x
put clothes away into drawers & wardrobe	pm		x	x	x
set table / pack away table items	pm				x
pack dishwasher	pm			x	
unpack dishwasher	am				x
put away toys / items	daily		x	x	x
vacuum floor	2 x week	x		x	
strip sheets off bed	1 x week		x	x	x
mop bathroom floors	weekly			x	
clean bathroom - shower, bath, toilet	2 x week	x	x	x	
pick up doggy poo	Mon, Thu				x
feed animals	pm				x
polish furniture	weekly				x
shop for groceries	weekly	x	x		
drop off kids to school	daily	x	x		
collect kids from activities	daily	x	x		
pay accounts	weekly	x	x		

Start to generate your jobs list

Depending on the age of your children can depend on the type of jobs you can allocate

- The older the child, the more complicated the job
- The younger the child the easier the task

Sit down with the kids. Talk to them about all the tasks mum undertakes, list them all, plus those many extras the kids don't realise she does (maybe dad doesn't either)

Have them each choose the jobs they can do and they may like to do. Make sure they get a rotation of those other jobs so they can learn how to do everything, even if its once a month or week.

Set a timetable of when they will do them. For example

- pickup dodgy poo or vacuum floors before school of a morning
- set table before dinner of an evening
- pack dishwasher or wash-up before watching program or playing game
- sweep floor after homework of an afternoon
- feed animals when returning from school or sport activity

Start to generate your jobs list

We can divide up the jobs any way that works best for your family

We can divide them up based on age and ability while being mindful the younger child also needs to learn the skill so assisting mum or dad is a great way to introduce them to a job and support them to learn.

Decide the days each job needs to be done eg: cooking is a daily job, vacuuming is perhaps twice per week, washing maybe daily and mowing lawn once.

Once all jobs are listed down, leave some empty lines, chances are there will be more you have forgotten.

Discuss the division, fill in who, when and what they will do. Vary the list each week or month to ensure a mixture for everyone.

Following is a brief example of three days, add and delete jobs applicable for you...

Start to generate your jobs list (eg:)

Monday

(Mark with X who does each job, how often)

Jobs Needed	When	Mum	Dad	Child 1	Child 2	Child 3
Cook dinner	pm	x				
put on washing	am		x			
hang washing	am			x		
bring in washing / fold clothes	pm				x	
put clothes away into drawers & wardrobe	pm					x
set table / pack away table items	pm					x
pack dishwasher	am/pm			x		
unpack dishwasher	am/pm				x	
put away toys / items	pm			x	x	x
vacuum floor	am	x				
strip sheets off bed	am					
mop bathroom floors	pm					
clean bathroom - shower, bath, toilet	pm					
pick up doggy poo	am			x		
feed animals	pm				x	
polish furniture	pm					
shop for groceries	pm	x				

Start to generate your jobs list (eg:)

Tuesday

(Mark with X who does each job, how often)

Jobs Needed	When	Mum	Dad	Child 1	Child 2	Child 3
Cook dinner	pm		x			
put on washing	am	x		x		
hang washing	am	x				
bring in washing / fold clothes	pm			x		
put clothes away into drawers & wardrobe	pm				x	
set table / pack away table items	pm		x			
pack dishwasher	am/pm				x	
unpack dishwasher	am/pm					x
put away toys / items	pm			x	x	x
vacuum floor	am					
strip sheets off bed	am					
mop bathroom floors	pm			x		
clean bathroom - shower, bath, toilet	pm	x				
pick up doggy poo	am				x	
feed animals	pm			x		
pay accounts	pm	x				
Take out rubbish	pm			x		

Start to generate your jobs list (eg:)

Saturday

Some days its nice to all join in to do things together

(Mark with X who does each job, how often)

Jobs Needed	When	Mum	Dad	Child 1	Child 2	Child 3
Cook dinner	pm	x	x	x	x	x
put on washing	am	x			x	
hang washing	am	x		x		
bring in washing / fold clothes	pm		x			
put clothes away into drawers & wardrobe	pm	x				X assist
set table / pack away table items	pm				x	
pack dishwasher	am/pm		x			x
unpack dishwasher	am/pm			x		
put away toys / items	pm			x	x	x
vacuum floor	am		x			
strip sheets off bed	am	x		x	x	x
mop bathroom floors	pm	x				
clean bathroom - shower, bath, toilet	pm			x		
pick up doggy poo	am					x
feed animals	pm	x				X assist
Mow Lawn	pm		x			
Weed garden / sweep up outside	pm	x			x	x



To get Mum her own relaxing audio session so she can sit back comfortably, feet up, close her eyes and take a relaxing break (15min) please visit.

[Get Mum's Free Relaxation session](#)

[Click here to get your FREE Mother's Day Gift](#)



- Enjoy making Mum feel special each and every day
- Appreciate all the skills everyone in the family will learn
- Kids can experience everything they need, to be prepared for their independent adult life ahead
- When the family jobs are Balanced, so are the family members

More information please visit DrKarenPhillip.com