

# Rub-A-Dub-Dub

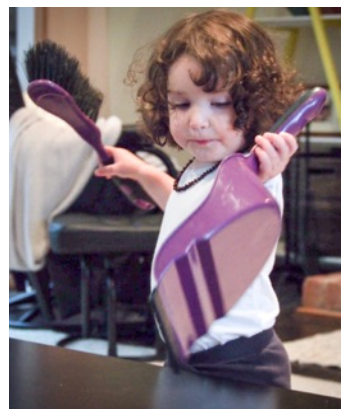
Develops muscle strength and teaches life skills



Even the most playful of parents have household chores to get done. If you normally choose screen time for your child while you vacuum, clean and scrub - try involving your child in cleaning the house for a change. We do admit it can take extra time to start with when working with young children, but it helps kids to learn about contributing to family life and they do love to get involved and copy adult tasks.

## Household task ideas for kids:

- Try giving your child their own spray bottle (filled with water) and a cloth and ask them wipe down a basin or kitchen counter
- Pass them the dustpan and broom. Help them to use it to start
- Set up a clothes airer when you're hanging out the washing so they can peg out the socks and undies (great for fine motor skills development too!)
- Combine a chore with play like vacuum soccer (they kick the ball to you and you push it back with the vacuum) or washing up water play



### Develops upper body strength

Using cleaning tools develops large muscle skills.



### Develops ability to use tools

Problem solving skills are developed as your child learns how to use tools.



### Creates a sense of participation

Helps children learn that their contribution is important.

For more tips and ideas go to [fb.me/MightyMoversCBR](https://fb.me/MightyMoversCBR) or [bluearth.org](http://bluearth.org)