

# A checklist of responsibilities promotes independence

Whether it's keeping track of textbooks or remembering to turn in homework, responsible behavior is a must for school success. And the best way to teach your child responsibility is to give her responsibilities.

The new school year is the perfect time to sit down with your child and decide on a few tasks she's ready to handle on her own. Then make a checklist of everything you expect her to do. Agree on small rewards for a job well done, and consequences for times your child shirks responsibility.

Here is a starter checklist of responsibilities you can adapt:

- Going to bed on time.
- Getting up on time.
- Fixing breakfast.
- Selecting an outfit.
- Packing lunch.
- Completing homework.
- Returning signed forms.
- Maintaining grades.
- Getting along with siblings.
- Keeping room clean.
- Completing assigned chores.
- Reading at least 15 minutes a day.
- Taking care of personal hygiene.
- Feeding/caring for pets.

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