

How to get started?

Step 1: Review the cards

Go through each card and decide what jobs are relevant to your family. Cut out these jobs. The cards have been split into job categories by colour:

1. Red Kitchen Jobs
2. Orange Food Jobs
3. Yellow Washing Jobs
4. Green Cleaning Jobs
5. Blue Outside Jobs
6. Purple Other Jobs
7. Turquoise Spare Jobs

Step 2: Write up Other Jobs

You may find that there are other jobs that need doing, that we haven't prepared for you. Using a permanent marker write them up on the blank job cards (Turquoise & purple). Remember to keep the instructions simple.

Step 3: Make up the box

Purple bottom

1. Fold all of the flaps to loosen

them up.

2. Fold the smallest flaps of short side into the middle of the box.
3. Taking the large flaps on the large side, fold them over into the middle of the box.
4. Now taking the large flaps on the short side fold them into the middle of the box.
5. Repeat for the green lid.

Step 4: How you are going to use the cards

Here are two ways you can use the cards. You may have some other ideas, experiment to see what works best for your family.

1. Put out the cards on the kitchen bench, at the same time every day. Tell the family it is job time. All the family comes to the bench, selects the job they want to do and goes away to do it. When the job is completed they come back to the bench and select another job until all the jobs are completed.
2. Allocate a set of jobs to each family member ie each family member has a number of jobs to complete by a specified time each day.

Step 5: Meet with the family

Before you get started we suggest you sit down with the family and talk about the cards and how they work. Openly talk about why the family needs help. Recommend how you think the cards could work in your place and then ask your family for feedback. Adjust the system to meet your family's needs.

Step 6: Start using them

Then whenever you need help put out the cards (in the same place every time). Make sure you tell the family they are there.

Some extra hints

- Keep in mind your child's age and what jobs they are ready to do.
- If they are doing a job for the first time, take some time to gently teach your child how to do it. I suggest doing the job together the first time. Make it fun.
- Make doing the jobs fun family time —play your favourite music, dance together, sing together.
- Encourage family members to swap around the jobs and do what they would really enjoy doing!
- Sometimes one family member may not feel like helping. Ask another family member to step in and help.
- If the family isn't doing their jobs, take the time for a family meeting, talk to your family about it and find a solution.
- When all the jobs are finished put them away in the box until next time. So there is no confusion.