



The Five Minute Chore

5 Minutes to Teach Children Obedience and How To Finish Their Work

The five-minute chore is a parent-assigned task when a child misbehaves or does not follow through with a request. The child must have the skills to complete the assigned chore and already know how to complete it correctly. REMEMBER! Stay calm, and be specific and neutral.

Steps

1. **Respond immediately!** Think of a couple of short chores you can assign your child when he/she does not follow through with a request or misbehaves.
2. **Give a single warning.** Use a firm calm voice. Tell your child if he/she does not follow through with a request or continues to misbehave, he/she will be assigned a chore.
3. **Assign the chore** if the child continues to misbehave. Be brief, neutral, and specific. Remove your attention from the child until he/she completes the chore.
4. **Assign a second chore** only if the child won't do the chore—total 10 minutes combined.
5. **Remove an important privilege** if the child continues to refuse to complete the assigned chore. Remove the important privilege until the child completes both chores and the original request.
6. **Remove your attention** until the child completes the chores and the original request. Do not argue with your child about the assigned tasks. Ignore complaining or whining. Privileges should not be given back until the child completes the chores and the original request.

Five Minute Chores (Possible examples you can use)	
<ul style="list-style-type: none"> • Clean a Window • Clean a Sink • Vacuum a room • Dust furniture • Straiten a bookcase • Sweep the front walk • Wash the dishes • Wash a countertop • Fold clean clothes • Upload dishwasher • Wash car windshield 	<ul style="list-style-type: none"> • Clean the inside of the microwave • Pull weeds in a small area of the yard • Pick up dog droppings • Wash fingerprints from a wall or door • Empty the wastepaper baskets • Clean mirrors • Wash refrigerator doors • Clean oven door • Wash baseboards • Vacuum stairs • Clean tub or shower

No Food, Friends, or Fun...Until Done!

Removal of privileges is an example of a logical consequence. Effective logical consequences are closely linked to the misbehavior. Removal of privileges is also most effective when the privilege removed is closely linked to the misbehavior. For example, if your child leaves his/her bicycle in the driveway, the privilege of using his/her bike may be taken away for a specified amount of time. Removal of privileges should not include basic necessities, such as meals, hygiene products, or any item that helps the child to feel safe (e.g. blanket, pacifier, doll, or night light).