

Doing Chores Could Help Children Focus, Study Says

VOCABULARY WORDS

1. Suggest /sə(g)'jest/ (Verb) to cause one to think that something is the case
Example: The group suggested several ways on how to address the issue..
2. Chore /CHôr/ (Noun) a job or task that you do at home
Example: I have a lot of chores to do during weekends because I'm usually busy on weekdays.
3. Link /liNGk/ (Noun) a relationship or connection between two or more people or things
Example: A chain is no stronger than its weakest link.
4. Need /nēd/ (Noun) something that is wanted or required
Example: There is a huge difference between needs and wants..
5. Weed /wēd/ (Verb) to take out a plant growing in a place it is not wanted, especially in a garden
Example: My grandmother spent three hours weeding the garden.
6. Excel /ik'sel/ (Verb) to be extremely good at something
Example: Great determination is needed to excel in what you do.



Bad news for children, but excellent news for parents: a new study has suggested that doing chores at home may be good for young people. Of course, some parents have been saying this for years.

Researchers in Australia found a link between doing jobs around the house — including cleaning and taking out the trash — and better executive function skills, which are things like memory, being able to focus and being able to change from one task to another. So, doing chores could help children develop these skills, according to the study — as long as the jobs are right for the age of the child.

In 2020, 207 parents of children aged between 5 and 13 — with most living in Australia — were asked questions about the chores their children did, and about their executive function skills. Researchers put chores into three groups: self-care, family care and pet care. Self-care included jobs the child did for their own needs, such as making themselves a snack, while family care included things like taking a phone message.

The researchers did not report a link between pet care tasks and improved executive function, however. Deanna Tepper, who led the study, said that children who often cook a family meal or weed the garden may be more likely to excel in other things — like schoolwork or problem solving. However, as she told Australian radio station 6PR, "Not all chores have to be boring." She said if children show that they enjoy cooking or gardening, for example, parents should encourage that interest at a young age.

DISCUSSION

1. What are your thoughts on the findings of this study?
2. Did you often help with chores growing up? If so, which ones?
3. What chores did you find boring growing up? Do you still dislike them?
4. Do you have young kids? Have they ever showed interest in any chores?
5. Who does most of the chores in your household?