



Life Skills for Every Life Stage

Just like adults, children benefit greatly from learning and mastering new skills — and are ready to learn earlier than you may realize. Introducing your children to new activities as they grow up will help to boost their confidence and sense of independence, and better prepare them for the future.

Take a look at what skills your children may be ready to learn at each stage of their development:

2–4 Years Old

- Help put toys away
- Put clothes in a laundry basket
- Place books back on the shelves
- Put clothes on with help
- Help to brush teeth
- Start learning to swim

5–6 Years Old

- Make their bed
- Brush teeth and hair with minimal help
- Feed pets
- Help put away groceries
- Choose clothes to wear
- Learn to ride a bike

7–8 Years Old

- Get up on their own in the morning
- Make a basic recipe
- Bathe with minimal help from parents
- Fold clothes
- Count money and make change
- Learn to play an instrument
(e.g. local Well-Being Champions have been designated)

9–11 Years Old

- Use the internet
- Plan and prepare a balanced meal
- Wash and put away clothes
- Compare prices and make purchases
- Mow the lawn
- Sew on a sewing machine

12–15 Years Old

- Type with proficiency
- Purchase groceries
- Make deposits and withdrawals at the bank
- Fill a car with fuel
- Save up for a big purchase
- Have work experience

16–18 Years Old

- Schedule a doctor's visit
- Cook a complete family meal
- Manage own schedule
- Learn to drive
- Fill out a job application
- Prepare a resume