

Whilst your child is still very much living at home, it can be beneficial to provide them with skills to aid them in future life. Preparing your child to become independent can help them feel better equipped in life. Make some of these chores appear interesting rather than a chore. Your child will probably enjoy some aspects of these tasks!

Below is a checklist of activities to start teaching your child.

Cook



- Cook pasta and rice
- Make beans on toast
- Make an omelette
- Make their own lunch
- Cook 2 basic meals on their own
- Can follow a recipe

Basic food hygiene



- Know the difference between Use by and best before
- Know what cross contamination is
- Know safe temperature zones for a fridge and a freezer
- Know what can and can't go in the microwave

Shopping



- Be able to calculate a weekly shop for the family
- Know how much basic items such as milk/bread/eggs cost
- Know what non food items can be included in a family shop

Laundry



- Learn how to use the washing machine
- Be able to separate washes into light and darks
- Learn how to use the tumble dryer

Money



- Set up a bank account
- Know how to withdraw money and pay in money.
- Learn about budgeting and saving.

General cleanliness/Housework



- Stack the dishwasher or wash up by hand
- Use a Hoover
- Know what can be recycled.
- Dust
- Wash the floors

Healthcare



- Know basic first aid
- Learn how to do basic CPR

Bike Maintenance



- Learn how to change a tyre
- Know how to put air in the tyres and what pressure their tyres should be at
- Know what basic checks to make on their bikes and how often

Transport



- Know where the nearest bus stop is
- Plan and take a trip using a bus
- Plan and take a trip using a train
- Buy a train ticket

Finding work



- The age they can start working
- What the minimum wage and national wage is?
- What National Insurance and Tax is?
- Understand contract of employment and a zero hours contract.
- Be able to write a CV and cover letter.