



UrurFamily

The 30-Day Chores Reset

A day-by-day plan to get kids helping at home without nagging, for ages 3 to 13 and up



Free from UrurFamily

This ebook is for parents tired of repeating themselves

Kids do not need nagging to help. They need chores that fit their age, the same moment every day, and effort that shows. Thirty days is enough to build the habit, if you start tiny.

What you need

- Fifteen minutes on day one
- A pencil, and the tracker on pages 16 and 17 (print one set per child)
- The patience not to add chores too fast

Three rules for all 30 days

Start tiny
One chore per child in week one.

Tie it to a moment
Not a clock time.
"After dinner" is easier to remember.

Make effort visible
Tick every day, count points every week.

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Four stages, thirty days

Each stage builds on the one before. Do not skip ahead, and do not worry if one week takes longer.



Week 1 · Days 1 to 7

Start tiny

One chore per child. No nagging, no penalties.



Week 2 · Days 8 to 14

Routine

Chores become part of the day, not an order.



Week 3 · Days 15 to 21

Responsibility

Week three is the real test. Kids start to own the work.



Week 4 · Days 22 to 30

Ownership

Kids choose, teach and plan. You only back them up.

The same pattern as our age guide: until eight, chores are about their own space. Then shared spaces, and heavy jobs come in at thirteen.

Family meeting script, 15 minutes

Sit together after a meal, phones away. The lines below are only examples. Say them the way your family talks.

1 Open 2 min

“We want this home to feel like everyone's home. So we are sharing the work together.”

2 List 3 min

“What jobs really happen in our home every week? Write them all down, without picking who yet.”

3 Pick 5 min

“Everyone picks one chore from their age list. Mum and Dad pick too.”

4 When and done 3 min

“When will you do it? What does it look like when it is done? Write both down.”

5 Close 2 min

“What might make this hard? Let us think of one way round it now, before it happens.”

Meeting rules

- No bringing up old stories
- No penalties discussed today
- Write every idea first, choose after
- Little ones can sit on a lap and point at pictures



What fits my child?

These lists match the age guide on [urusfamily.com](https://www.urusfamily.com) and the ready-made chores in the app. The number in the circle is points.

Ages 3 to 5



One tiny chore a day, alongside a parent

1 Tidy toys
every day

1 Make the bed
every day

1 Line up shoes
every day

1 Bring your plate to the sink
every day

1 Water the plants
every day

1 Put dirty clothes in the basket
every day

Age 3: do it together, one chore only. The app list starts at age 4.

Ages 6 to 8



One or two chores a day

1 Lay out clothes for tomorrow
every day

1 Fill the school water bottle
school days

1 Wipe the dining table
every day

1 Sort bottles for recycling
once a week

2 Wash the dishes
every day

2 Hang the laundry
every day

1 Take out the trash
every day

Start with their own space, then add one kitchen job.

Chores by age

Ages 9 to 12

Two or three chores a day



1 Pack the school lunchbox
school days

2 Vacuum the carpets
once a week

2 Clean the microwave
once a week

2 Sweep the yard
once a week

2 Clean the cat litter
every day

2 Carry groceries in from the car
once a week

This age can own shared spaces: the yard, the carpets, the kitchen.

Ages 13 and up

Two daily chores and one bigger weekly job



3 Mop the floor
once a week

2 Cook the rice
every day

5 Wash the car
once a week

5 Clean the bathroom
once a week

3 Iron school clothes
once a week

2 Help a younger sibling with
homework
school days

Teens need real jobs that other people rely on.

Points follow the size of the job: 1 tiny, 2 small, 3 medium, 5 big. Adjust to your child, not only their age. A child who finds it easy can try the next age list.



Start tiny

One chore per child. No nagging, no penalties.

Day

1

A 15-minute family meeting

Use the script on page 4. Everyone picks one chore, parents included.

Day

2

Show "done" once

Do the chore together once, calmly. That is the standard from now on.

Day

3

Tie it to one moment

After school, before maghrib or after dinner. The same moment every day.

Day

4

Kids tick it themselves

Let your child tick the tracker on page 16. You only watch.

Day

5

Swap one nag

Pick the line you repeat most. Replace it with a single word.

Day

6

A missed day is fine

If it is forgotten, no penalty and no lecture. Try again tomorrow, same moment.

Day

7

Week 1 check-in

Five minutes: what was easy, what was hard. Count the first points together.

For little ones. Under 6: do it together. "Let us tidy the toys" works better than "Go tidy your toys."



Routine

Chores become part of the day, not an order.

Day
8

Fold it into one routine

The chore plus two or three other steps, for example a night routine: tidy toys, brush teeth, lay out tomorrow's clothes.

Day
9

Put it at child eye level

The list of steps on a bedroom door or the fridge, not where only adults look.

Day
10

Kids order the steps

Let your child choose the order of their routine. Small choice, big cooperation.

Day
11

One reminder only

Say it once, then wait. Do not repeat it for five minutes.

Day
12

A second chore for ages 6 and up

Only if the first one runs smoothly. Under 6, keep it to one.

Day
13

Praise what you see

Swap "good job" for what you notice: "All the shoes are on the rack."

Day
14

Week 2 check-in

Count this week's points. Choose one family goal everyone wants.

For little ones. A picture routine helps kids who cannot read yet. Draw or stick a picture for each step.

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Daily routines

Build a morning, afternoon or night routine with one to twelve steps. Kids tick each step, and parents can add bonus points when all are done.



Responsibility

Week three is the real test. Kids start to own the work.

Day
15

One shared-space chore

From their own space to everyone's: wipe the table, sweep the yard, take out the trash, by age.

Day
16

Kids own their reminders

A clock, a note or the tracker. You stop being the household alarm.

Day
17

Solve one problem together

Ten minutes on one repeating issue. Write down every idea first, then pick one.

Day
18

A standing role

Give one job other people rely on, like filling everyone's water bottle.

Day
19

When it is forgotten, fix it

Ask "What do we need to fix this?" before asking who did it.

Day
20

Parents tick too

Tick your own chores in front of the kids. This home is everyone's job.

Day
21

Week 3 check-in

What now happens without a reminder? Name one example for each child.

For little ones. If a 3 to 5 year old is not ready for shared spaces, keep their own-space chore. That is responsibility too.



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Chores with points

Pick ready-made chores filtered by age. Points follow the size of the job (1, 2, 3 or 5), so nobody has to count.



Ownership

Kids choose, teach and plan. You only back them up.

Day
22

Kids pick a new chore

From their age list on pages 5 and 6. Just one.

Day
23

Kids teach someone

An older sibling shows a younger one what "done" means. Teaching makes it stick.

Day
24

Plan one big job

Ages 9 and up plan their own weekly job: when, how long, what they need.

Day
25

A day with no reminders

Do not remind at all. Watch what happens, without punishing.

Day
26

Redeem the first reward

Or celebrate progress on the family goal. Rewards come after the effort.

Day
27

Swap turns

Siblings swap one chore so the load feels fair and everyone learns.

Day
28

Kids set the goal

Let your child suggest the next family goal.

Day
29

Keep, add, drop

For next month: keep what works, add one, drop one.

Day
30

Closing meeting

Fifteen minutes. Fill in the day 30 review on page 18, then celebrate together.

For little ones. Little ones can "teach" too: show a teddy or Dad how to line up the shoes.

Lines that replace nagging

Long lectures make kids stop listening. Try one approach below, and move to the next one only if you need to.

Approach	Instead of	Try
Describe what you see	~~How many times do I have to tell you about those shoes!~~	There are shoes by the door.
Give information	~~So lazy, a wet towel on the bed again.~~	Wet towels make the mattress smell.
Say it in one word	~~Look at the time, and the dishes still are not done?~~	Dishes.
Say how you feel	~~You never help me.~~	I feel tired when the dishes pile up.
Write a note	~~Hang up that towel!~~	A note on the door: "Towel: please hang me up."
Offer a choice	~~Water the plants now!~~	Before your bath or after?

When your patience runs low

Tell them how much patience is left: "My patience is the size of a pea right now." Honest about your feelings, without attacking their character.



Points make effort visible

Points are not wages and not bribes. They are a record of contribution, so the child who helps every day does not feel the same as the one who helps once a month.

Point sizes, the same as in the app

1

Tiny

Make the bed, line up shoes

2

Small

Wash the dishes, hang the laundry

3

Medium

Mop the floor, iron school clothes

5

Big

Clean the bathroom, wash the car

An example week, age 7

Lay out clothes for tomorrow	1 x 5 days	5
Wipe the dining table	1 x 7 days	7
Hang the laundry	2 x 3 days	6
Total this week		18

An example only. Real points depend on your child's chores.

Starter rewards in the app

Pick what is for dinner	30
30 minutes extra screen time	40
Stay up 30 minutes later	50

These are the app's starter suggestions. Change the costs and rewards to suit your family.

Three principles

- Basic chores stay chores. A reward is recognition, not the condition for helping.
- Rewards come after the effort, not before. Waiting is practice too.
- One family goal cuts down sibling racing.



Do it in UrusFamily

Rewards and the family goal

Kids ask for a reward when they have enough points, and a parent approves. Everyone's points can also add up to one family goal.

Our family goal and rewards

Our family goal

For example: a trip to the zoo, a beach picnic, a donation to an orphanage

[illegible]

Colour one circle each day everyone's chores get done.

Our reward list

Reward	Cost (points)	Limit per week

Agreed by

Everyone writes their name or draws their own mark

Four common problems, and what helps

● My child complains

- Accept the feeling first: "Folding clothes really is boring when your friends are playing."
- Then keep the chore. The feeling is accepted, the chore still happens.
- Offer a choice about when or how, not whether.
- Do not add points while they complain. That teaches that complaining pays.



● Parents not on the same page

- Agree as a pair first, not in front of the kids.
- Each parent owns one routine, for example Dad owns the night routine.
- Mum and Dad are on the chore list too.
- Respect your partner's different way as long as it is safe. Name one thing you appreciate.

● We have a live-in helper

- Heavy cleaning can stay with the helper.
- Kids own their own space and the skills: make the bed, put clothes away, pack the lunchbox, wash their own food box.
- Tell the helper about this plan so they do not "rescue" the kids' chores.
- The aim is a teen who can do their own laundry before boarding school or university.

● Afternoon school session

- Morning session kids: chores between four and six in the afternoon, before maghrib.
- Afternoon session kids: short morning chores, such as making the bed, opening the curtains and packing the lunchbox, then one chore after dinner.
- Tuition days: keep to small chores only. Big jobs on the weekend.
- Exam weeks: cut back, do not stop. One small chore keeps the rhythm.

Tracker · Days 1 to 14

Name _____

Chore 1 _____ Points _____

Chore 2 _____ Points _____

Routine _____ Points _____

	Chore 1	Chore 2	Routine	Points
Day 1	☐	☐	☐	
Day 2	☐	☐	☐	
Day 3	☐	☐	☐	
Day 4	☐	☐	☐	
Day 5	☐	☐	☐	
Day 6	☐	☐	☐	
Day 7	☐	☐	☐	
Week 1 total				
Day 8	☐	☐	☐	
Day 9	☐	☐	☐	
Day 10	☐	☐	☐	
Day 11	☐	☐	☐	
Day 12	☐	☐	☐	
Day 13	☐	☐	☐	
Day 14	☐	☐	☐	
Week 2 total				

Tick when done. Chore 2 starts in week 2 for ages 6 and up.

Tracker · Days 15 to 30

Name _____

Chore 1 _____ Points _____

Chore 2 _____ Points _____

Routine _____ Points _____

	Chore 1	Chore 2	Routine	Points
Day 15	☐	☐	☐	
Day 16	☐	☐	☐	
Day 17	☐	☐	☐	
Day 18	☐	☐	☐	
Day 19	☐	☐	☐	
Day 20	☐	☐	☐	
Day 21	☐	☐	☐	
Week 3 total				
Day 22	☐	☐	☐	
Day 23	☐	☐	☐	
Day 24	☐	☐	☐	
Day 25	☐	☐	☐	
Day 26	☐	☐	☐	
Day 27	☐	☐	☐	
Day 28	☐	☐	☐	
Day 29	☐	☐	☐	
Day 30	☐	☐	☐	
Week 4 total				

Weeks 3 and 4: kids tick it themselves, without a reminder.

Day 30 review

Fill it in together at the closing meeting. Keep this sheet, and compare next month.

Chores that now happen without a reminder

What helped our family most

Keep

Add one

Drop one

Next month's family goal

One line of praise for each child (describe what you saw)

Further reading and notes

Some ideas in this ebook were inspired by the books below, rewritten in our own words for Malaysian homes. The authors were not involved in this ebook.

How to Talk So Kids Will Listen and Listen So Kids Will Talk

Adele Faber and Elaine Mazlish. 30th anniversary edition, Scribner, 2012.

The basis of page 11 (lines that replace nagging), how to take a complaint and the problem-solving session on day 17. The book is wary of conditional rewards, which is why our points chapter stresses recognition, not bribes.

The Boy Crisis

Warren Farrell and John Gray. BenBella Books, 2018.

The basis of the "standing role" on day 18, dads owning a routine of their own, and rewards after effort. We only take its general ideas about chores and purpose, for boys and girls alike.

On urusfamily.com

- Chores by age guide urusfamily.com/en/guide
- Free printable chore charts urusfamily.com/en/chore-chart
- Family points system urusfamily.com/en/family-points-system
- Chores without nagging urusfamily.com/en/chores-without-nagging
- Kids' allowance urusfamily.com/en/allowance

This ebook is general parenting guidance, not professional advice. If your child has special needs or a health concern, talk to a doctor or specialist.

Keep going

Keep going in UrusFamily

A paper tracker is enough for the first month. When more kids join in or routines change, UrusFamily keeps it all in one place everyone can see.

1 Chores with points

Ready-made chores by age, points by job size

2 Daily routines

Morning, afternoon and night, step by step

3 Rewards

Kids ask, parents approve

4 Family goal

Everyone's points add up to one goal

5 Family TV display

Today's chores and points on the living room screen



App Store

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Google Play

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Free for iPhone and Android. UrusFamily is a family app for housework, points and shared goals, built in Malaysia.

Free to share. urusfamily.com/en/ebook/30-day-chores-reset