



THE PARENTS' GUIDE TO GETTING YOUR KIDS TO DO CHORES

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INTRODUCTION



From celebrating birthdays to cheering at games to eating dinners together, the joys of parenting are countless. But getting your kids to do chores? That's not likely among your favourite activities. We understand the topic of chores is more likely to elicit sighs than smiles. And the art of persuasion can feel more like war when it

comes to motivating kids to help out around the house—especially when requests are met with groans or arguments. It's often easier to simply do the work yourself. Yet, you keep at it. Why? Because, deep down, you know that chores, like vegetables, are good for your kids.

“ Research confirms there are tremendous benefits for kids who do chores. ”



You may remember how doing chores yourself helped shape your work ethic and taught you other important life skills (like how to cook more than instant noodles!). It makes sense you want to pass this gift on to your kids—though you may not get a “thank you” anytime soon. As it turns out, plenty of research confirms there are tremendous benefits for kids who do chores.

Here at Mydoh, we believe chores needn’t be a stressful and frustrating experience. While we can’t promise your kids will gleefully fold laundry and take out the garbage, we’ve put together strategies and tips to help minimize

your challenges, improve your kids’ level of cooperation, and create more harmony when it comes to housework.

This guide can help you:

- ✓ Better understand the amazing benefits for kids who do chores
- ✓ Motivate your kids to complete their tasks
- ✓ Decide if an allowance suits your family situation
- ✓ Determine the most appropriate chores for your kids

THE BENEFITS OF DOING CHORES



One of the most obvious benefits to sharing housework with your kids is that more stuff gets done—by someone other than you, that

is. But that's far from all. Kids build some pretty awesome attributes and skills from doing chores (your intuition was right!)

HOW CHORES BENEFIT YOUR KIDS

1. Chores can have a positive impact on kids later in life

One study by the University of Minnesota shows that involving children in household tasks at an early age can have a positive impact later in life. By doing so, parents teach their children a sense of responsibility, competence, self reliance, and self-worth that stays with them throughout their life.

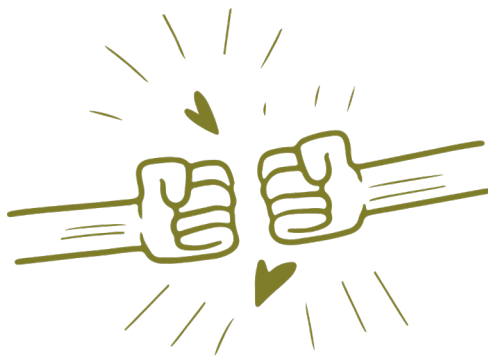
2. Kids who do chores with their family have greater feeling of happiness

Another study by UCLA researchers on the impact of chores on adolescents showed that

kids who spent more time helping their family out reported greater feelings of happiness than did kids who tended to help less. It turns out that household tasks do much more than acquaint kids with how a washing machine works or that bathrooms don't clean itself. Despite their grumbling, deep down they feel valued and appreciate being a meaningful part of the family.

While you don't need to cite these benefits to your kids to encourage them to hustle back to work, we believe arming yourself with this knowledge can help motivate you in your efforts to involve kids in household upkeep. So, the next time you consider making your kid's bed, think again. Instead, give your kid the opportunity to build life skills that can lead to success well into adulthood. They'll thank you in 20 years. (Good thing you've mastered the skill of delayed gratification!)

“ Chores give your kids the opportunity to build life skills that can lead to success well into adulthood. They'll thank you in 20 years! ”



HOW CHORES ALSO BENEFIT PARENTS

Kids aren't the only ones to benefit from their household duties, parents do too. Just in case you're still not 100 per cent on board with getting your kids to do chores, here's some added incentive:

“ Kids who do chores will be more conscientious about tidying up after themselves. They'll also better appreciate all the work you do and your need for downtime, too. ”



3. Shared workload

Cleaning up after your kids can be a lot of work! Why do it all yourself? There's nothing wrong with putting your feet up after making dinner while your kids wash the dishes, or having them make their own lunches before school so you can fit in a morning yoga class. Kids who do chores will be more conscientious about tidying up after themselves when they know they'll be asked to do it anyways. (Though we can't guarantee they won't procrastinate!) They'll also better appreciate all the work you do and your need for downtime, too.

4. Be their top influencer

Today's kids have no shortage of people to learn from, whether through social media or their friends IRL. Who do you want to be the greatest influence in your kid's life? (We're guessing it's you.) By role modelling how to be considerate of your home and those living in it, and communicating the importance of shared duties and responsibilities, you help ensure your kids learn your values rather than values of others who may not have your kid's best interests at heart.

5. A more harmonious family

Balancing household contribution among all family members helps develop a sense of cohesion in the family. If one person is taking on most, if not all, of the household duties, it may be harder for kids to recognize their individual contribution toward the family—both as a giver and a receiver. A more balanced approach is to ensure every family member has a role in caring for the home.



10 SKILLS CHORES CAN TEACH KIDS



There are many ways that kids and teens can contribute to the household—from walking the dog to preparing dinner. These simple tasks can also teach your kids valuable life skills. Chores

help teach kids soft skills—those interpersonal skills that help them build relationships—as well as practical skills that means they’ll be able to fend for themselves when they leave the nest.

SOFT SKILLS

Evidence of soft skills may not appear until later in your kids' lives, but they can have a positive impact as they develop. Soft skills help kids nurture healthy relationships, manage stress, and increase self-awareness along with many other positive attributes that aid in navigating the teen years and adulthood. Here are some key soft skills kids can learn by doing chores:

“ Soft skills help kids nurture healthy relationships, manage stress, and increase self-awareness. ”



1. Time management

As kids grow older, they often take on more responsibilities which can make juggling the various aspects of their lives challenging. As a parent who wants to help, you may be tempted to relieve them of their household duties to make more time for school, sports, clubs, part-time work, and a social life. However, learning to

juggle commitments that mix “work” and “play” can be integral to good time management and helps teach the value of delayed gratification.

2. Team work

Cooperating with others to achieve a common goal is a life skill that you can help your kids develop through chores. Cleaning the kitchen is often a team effort, for example, with tasks divided among family members. Through this, kids practice how to appropriately give and take in a supportive environment. When parents leave teamwork to their kids, this also opens the door to resolving conflicts on their own and developing a sense of fairness.

3. Problem solving

Asking your kids to independently complete new tasks can come with a learning curve. Whether it's using a lawnmower or doing laundry for the first time, allowing your kids to figure things out on their own helps develop problem solving skills. The ability to think things through without giving in to frustration is an attribute that will serve them throughout their lives.

4. Responsibility

When kids understand they're relied upon for completing a task, it can help them develop a sense of ownership and accomplishment for their role in the household. Alternatively, if the task isn't completed, they learn the hard lessons that come with letting others down. It doesn't take long for kids to figure out that taking on more responsibilities at home can lead to a more trusting relationship with mom and dad and eventually, more freedoms, too (a big motivator for teens).

5. Work ethic

Although kids may complain about doing chores, seeing a task through from start to finish can help them develop a strong work ethic. Even if the work (like cleaning the toilet) is unpleasant, learning to get the job done helps kids recognize the value that every task adds to running a household and, may even one day, benefit them in running a business.

PRACTICAL LIFE SKILLS

Many chores teach kids useful skills that they can rely on and improve upon as they grow and eventually move out on their own. These are the kinds of attributes that help build independence, resourcefulness, and general knowledge about how things work – perfect for budding DIYers. Here are some practical life skills your kids may gain through chores:

6. Budgeting

When your kids earn an allowance for chores, this also introduces them to concepts around how to save and budget for the things they want. If a chore-based allowance is not part of your strategy, you can teach kids about money through engaging chores, such as going grocery shopping together to compare costs.

7. Cooking

While kids may learn about nutrition in school, nothing compares to real-life experiences in the kitchen. Age appropriate chores are easy to find here. Younger kids can measure ingredients while a teen should be able to cook an entire meal. These tasks help kids understand how different ingredients create a well-balanced meal, as well as teaches them one of the basic skills that they'll need when they live in their own place.



“ Nothing beats real-life experiences in the kitchen. Younger kids can measure ingredients, while teens should be able to cook an entire meal. ”



8. Gardening

Learning to tend gardens that grow fruits or vegetables can help kids deepen their understanding of nutrition and cooking. Simple landscaping tasks such as raking, cutting the lawn, or watering plants can also instill stewardship and respect for the earth.

9. Home maintenance

You can help your kids learn household DIY basics with home maintenance tasks like painting a room, hanging pictures, and simple house repairs. Even better if they get to assist with bigger at-home construction projects. These basic skills may one day help them save money, time, and frustration when they have their own place to care for.

10. Caring for their belongings

Kids are more likely to appreciate their belongings when they're charged with caring for them. Learning to keep a bedroom clean, for example, can help your kid develop the habit of "mise en place" in which each item has its own proper place. This helps prevent your kids from misplacing valued items or blaming others for things not being where they expect them to be.

HOW TO MOTIVATE YOUR KIDS AND TEENS TO DO CHORES



So now that you're convinced of the awesomeness of chores, you're ready to get the kids to work. Sounds simple, right? However, assigning tasks is usually the easy part—getting them to do the work can be more of a challenge.

Do you find yourself repeating your requests?
Do your kids complain and procrastinate in

response? As frustrations flare and patience wears out, what happens? Sometimes the chores simply never get done... and guess who picks up the slack. (Hint: Not your kids!)

We know it can be a challenge to get your kids to do something they don't want to do. Here are some strategies parents can use:

10 TIPS TO GET THEM DOING CHORES MORE REGULARLY

1. Make chores non-negotiable

If you make chores non-negotiable, your kids will find a way to fit them into their busy schedule. Consider the tactic, “Grandma’s Rule” which asserts “no dessert until you finish your dinner.”



This strategy can be applied to tasks around the house. Finish the activity you don’t want to do before starting the activity you enjoy.

2. Provide clear details and expectations

While this requires more time and organization, providing step-by-step descriptions for each chore can prevent frustrations later when your kid thinks the job is complete and you’re not in agreement. For the dishwasher, for example, instead of just writing “load dishwasher” on a chart for chores, you could break it down:

- ✓ Scrape food off the dishes.
- ✓ Load the dishwasher: cups and mugs on top and plates below.
- ✓ Evenly space out the cutlery in the compartment.

- ✓ Add dishwasher liquid and close the soap dispenser lid.
- ✓ If full, start the dishwasher on the normal cycle.

Providing clear instructions can be especially helpful to kids who are neurodiverse or have learning difficulties.

3. Create a chore chart

A chore chart is a document you can print out or manage digitally that lists all household chores. The chart can be as simple or as detailed as you like. Downloadable [chore chart templates](#) are easy to find, or you can build your own. A chore chart can swiftly resolve conflicts between siblings over who did what, when, and whose turn it is today to take out the garbage. All it takes is a glance at the chart to settle the issue. Be sure to post it somewhere that’s available for everyone to see.

“ A chore chart can swiftly resolve conflicts between siblings over who did what, when, and whose turn it is today to take out the garbage. All it takes is a glance at the chart to settle the issue. ”



4. Draft a chore agreement

Chore agreements or chore contracts outline the tasks you want your kids and teens to do and the time frame for completing them. If you're tying these chores to an allowance, you can list that amount here too. Make it official by printing the agreements for all of you to sign. The idea is that those responsibilities (and any associated payments) are in writing, and everyone understands what's required.

5. Embrace natural consequences

Although it may be tempting, try to resist the urge to finish off your kid's chores for them. Instead, let the natural consequences unfold, even if they could frustrate your kid. Forgot to finish the laundry? Let them wear wrinkled clothes to school (don't iron for them, either).

Learning the hard way can be a better motivator than scolding. But keep in mind, your kid's standards may be lower than yours. A teen may be willing to live in a room carpeted in clothes for a lot longer than you can stand looking at it. There may be a limit to you, the parent. Safety should also always come first. If the natural consequences of not doing a chore puts anyone's safety at risk, you may need to step in.



“ Consider the tactic, ‘Grandma’s Rule’ which asserts “no dessert until you finish your dinner.” This strategy can be applied to chores around the house. Finish the activity you don’t want to do before starting the activity you enjoy. ”



6. Add new chores to an established routine

Encourage your kids to complete tasks at the same time each day, such as doing laundry after swim practice or emptying the compost after dinner. Habits more easily form when they are connected to established routines. It makes the new tasks easier to remember, and helps add structure to your kid's day.

7. Adjust your vocabulary

Some words may trigger certain attitudes and beliefs. The word “chore” may bring to mind boring, repetitive tasks. Try switching it out for the word “responsibility”, which is more likely to be perceived as meaningful and worthwhile to kids and teens.

8. Be generous with praise (when it's warranted)

Approval from you is still important, even for teens. Don't hold back when your kid does an exemplary job at a chore. This helps instill a sense of accomplishment and increases the likelihood your kids will continue to do good work.

9. Give your kids a say

Before assigning chores, you may want to sit down with your kid or teen to share ideas on what chores they should be responsible for. One kid may love being outside and is happy to mow the lawn, while another loves to get creative in the kitchen. Although this may require a little give and take on your part, if it means chores will be done with less struggle, then this could be a worthwhile endeavour. Keep in mind—even though they're young, kids (just like adults) feel

more valued when their perspective is taken into consideration.

10. Pay an allowance

A chore-based allowance provides a financial incentive to your kids to get the work done properly and on time—sound familiar? A paycheque is one reason most of us go to work every day. Whether to implement an allowance or not is a personal decision based on your family values. Some families do an exchange, instead, such as more screen time for chores completed.



SHOULD YOU PAY YOUR KIDS AN ALLOWANCE TO DO CHORES?

A chore-based allowance mimics a typical job: your child performs tasks in return for a set amount of money. One famous allowance study from the '90s found children who got allowances were more sophisticated when it came to money than kids who did not. Furthermore, kids in the study who did not get allowances actually spent more money. Often putting in the work to earn cash will develop a deeper appreciation of how it's spent.

If you're on the fence about the allowance debate, here are some pros and cons to consider:



Pros of an allowance for kids

- ✓ Teaches responsibility, including how to complete a job well and how to manage money.
- ✓ Leads to discussions about financial literacy, bank accounts, savings, and even tax.

- ✓ Prepares kids for the workforce with knowledge of working for pay and an understanding of their worth.
- ✓ Encourages good money habits and budgeting. Allowances are great for small treats, savings goals, and understanding the consequences of impulse buys.

“ Like so many aspects of parenting, paying kids to do chores has no right or wrong answer. Your cultural norms, upbringing, and belief systems help inform your decisions about chores and an allowance. ”

Cons of an allowance for kids

- ✓ A pure allowance (that's not related to chores) has the potential to create a sense of entitlement. If your child isn't earning for work completed, they may come to expect money for nothing.
- ✓ Giving allowance for chores means money could become a motivator for kids. This drive isn't all bad, but money shouldn't be the only reason they help out around the house.
- ✓ It can create pushback. A strings-attached mentality can arise from chores if your child sees a price tag attached to everything they do. Part of being in a family is pitching in, so an allowance may blur those lines.

Not sure how much allowance to give your kids? Use our [allowance calculator](#).



HOW TO DETERMINE AGE-APPROPRIATE CHORES



One surefire way to demotivate your kids from doing chores is to make them too hard (or too time-consuming) to complete. If you're already struggling to get your kids to do what they're asked without a dozen reminders, you may be adding to your woes if the tasks are developmentally inappropriate.

“ If a task drags on for over an hour, your kid may become frustrated and angry. Be cognizant of each kids’ individual strengths. It’s better to slowly lead up to more complex tasks and allow your kid to feel a sense of accomplishment. ”

Certainly, kids are quick learners and are often more capable than we give them credit for, but if the impetus is to encourage them to complete chores without debate, it helps to stick to appropriate tasks.

How do you know which chores are appropriate for your kid? Here are some factors to keep in mind:

3 QUESTIONS TO ASK YOURSELF BEFORE ASSIGNING CHORES

Is the chore safe?

Does your child require supervision while performing the task, or is it better to hold off a couple of years? Some chores, like cutting the grass or chopping vegetables, may be unsafe initially, but are acceptable once proper technique and safety precautions are taught and practiced. Often if a chore includes risks to your child's safety, it's probably not the right time to introduce it. However, these tasks can also offer the opportunity to do chores as a family or to assist parents.

Is the chore too complex?

Every kid is different, and what may be easy for one teen may be too complicated for another. If a task that's meant to take 20 minutes drags on for over an hour, your kid may become frustrated and angry. To avoid tricky situations like this, be cognizant of each kids' individual strengths—both physical and intellectual. It's better to slowly lead up to more complex tasks to allow your kid to feel a sense of accomplishment than to ask for too much too quickly. When taking on new chores for the first time, even older kids may need several tries to

get it right. And praise them generously to build that positive momentum.

Are your expectations fair?

Do you set impossibly high standards, or are your standards so low that your kids know they can put in as little effort as possible? Find the happy medium that works for you. You don't want to be stuck doing the chore over yourself, and you also want your kids to feel a sense of accomplishment for a job well-done. Remember: "done is better than perfect." Approval from parents is important to kids, so use that to your advantage and adjust your standards if necessary. You can always raise them over time as your kids gain more experience.



“ Around the age of six, kids are starting to show signs of independence. This is an ideal time to introduce chores to teach the importance of contributing to the family household early. ”

AGE-APPROPRIATE CHORES FOR KIDS AND TEENS

There are no steadfast rules on what chores are acceptable for kids based on age. At the end of the day, you know your kids and teens better than anyone else. But if you're looking for guidance on age-appropriate tasks to get the ball rolling, we've compiled a selection of chores for various age groups. This is, by no means, an exhaustive list. Feel free to pick and choose tasks that suit your household, and add your own.

The best chores for kids aged 4 - 6

Around the age of six, kids are starting to show signs of independence but also have a lot to learn about managing their emotions. This is an ideal time to introduce chores to teach the importance of contributing to the family household early. Simple tasks that relate to what they're learning about the world around them are ideal for this age group. Here are some good ones to start with:

- ✓ Dust furniture
- ✓ Unload utensils from dishwasher
- ✓ Set and clear dishes from the table
- ✓ Dry dishes
- ✓ Put away groceries
- ✓ Pick up toys
- ✓ Feed pets



The best chores for kids aged 7 - 9

Now school-age, kids in this age range are more advanced problem solvers, and have better concentration and fine motor skills. It's an ideal time to introduce more complex chores with multiple steps and to refine your expectations. Here are some good ones to consider:

The above chores plus:

- ✓ Make their bed
- ✓ Empty the kitchen trash and recyclables
- ✓ Peel vegetables or fruit
- ✓ Rake leaves
- ✓ Pull weeds
- ✓ Sweep floors
- ✓ Wipe bathroom sink
- ✓ Wash dishes
- ✓ Load dishes into dishwasher
- ✓ Water houseplants

The best chores for kids aged 10 - 12

Kids in this age group are entering adolescence and developing greater independence along with their own unique interests and skills. They're more willing to push boundaries with parents and question your rules. Home routines are important and finding ways to connect with

your budding teenager are ideal. Here are some chores to consider:

The above chores, plus:

- ✓ Clean bathroom
- ✓ Change bed sheets
- ✓ Take the garbage out on garbage day
- ✓ Shovel snow
- ✓ Walk the dog
- ✓ Do laundry
- ✓ Make simple dishes
- ✓ Be a “parent’s helper” for younger siblings
- ✓ Fill and empty the dishwasher
- ✓ Vacuum and mop floors
- ✓ Wash windows and mirrors
- ✓ Help with larger household projects like painting a room
- ✓ Help prepare dinner



“ Even though teens’ lives can get hectic as they juggle school, work, extracurriculars, and socializing, it’s important to stay consistent with chores as a way to build a strong work ethic and help them earn extra money. ”

The best chores for teens aged 13 +

As your kids move through teenhood, they crave more independence, as well as additional responsibilities. They also have more interest in earning money to help pay for the things they want and often pick up part-time jobs. Even though their lives can get hectic as they juggle school, work, extracurriculars, and socializing, it’s important to stay consistent with their chores as a way to build a strong work ethic and help them earn extra money if you provide a weekly allowance. Here are some chores to consider:

The above chores, plus:

- ✓ Pick up or bring younger siblings to school or extracurriculars
- ✓ Babysit siblings
- ✓ Do laundry, start to finish, including putting it away
- ✓ Wash the car’s interior and exterior
- ✓ Shop for food
- ✓ Clean the kitchen
- ✓ Cook a full meal for the family regularly
- ✓ Mow the lawn
- ✓ Iron clothes
- ✓ Manage household tech (changing the Wi-Fi password each month, troubleshooting tech issues around the house, organizing cords and cables)

HOW TO SET CHORES FOR KIDS WITH DISABILITIES

Kids with disabilities can reap many benefits from doing chores. It can give them a sense of independence and provide opportunities to learn new skills. They also get to actively contribute to the family when they may not often have the chance to help out. Keep in mind these considerations:

1. Take your time

Some parents of children with disabilities may forgo assigning household chores altogether because they're unsure of their child's capacity to take them on. But avoidance is not ideal, either. Introduce one chore at a time.

2. Break down the steps

To help kids adjust to what may be a change in their daily routine, create a visual schedule or pictorial chart (see sample chart below) that features words or pictures. These are used to lay out the exact order of a child's day, including the steps of the chores they're supposed to do and the time of day they should be completed. This way, your child knows exactly what is expected of them.

3. Be consistent and heap on the praise

Know that if you change the routine, your child could regress in their progress and react



Use a pictorial chart to help kids stay on task.

negatively. If there are slip-ups or days when things aren't going as smoothly as you'd like, try to stay positive for both your sake and that of your child. Acknowledge that they're trying, even if they're getting frustrated or have only managed to partially complete the chore.

4. Find out what motivates them

In a lot of ways, convincing kids with disabilities to do chores is the same as getting any kid to help out around the house—disability or not. Find out what motivates them and what they want to work towards.

“ Kids with disabilities can reap many benefits from doing chores. To help kids adjust to their daily routine, create a visual schedule or pictorial chart that features words or pictures. ”



SEASONAL CHORES FOR KIDS AND TEENS



As the seasons change, so can your kids' household responsibilities. Their contributions not only help share the extra work that each season brings, it's also teaching them skills that will come in handy when they live on their

own. Seasonal chores can replace some of their regular tasks, or be added on, and help add interest to their typical household routine. You'll also want to decide whether additional season-specific chores earn extra allowance.



“ As the seasons change, so can your kids’ household responsibilities. Their contributions not only help share the extra work that each season brings, it’s also teaching them skills that will come in handy when they live on their own. ”





Spring chores

- ✓ Empty out and clean the refrigerator
- ✓ Declutter bedroom closets
- ✓ Wash windows and doors
- ✓ Wipe down baseboards
- ✓ Move bedroom furniture to dust and vacuum
- ✓ Cut the lawn
- ✓ Pull weeds from garden
- ✓ Sweep the patio or balcony
- ✓ Help open the pool
- ✓ Prune bushes and bag outdoor debris
- ✓ Move patio furniture outdoors
- ✓ Add mulch to gardens



Summer chores

- ✓ Plant seeds or flowers in the garden
- ✓ Cut the grass
- ✓ Vacuum the pool
- ✓ Clean the car
- ✓ Empty the garage and clean it
- ✓ Barbecue burgers
- ✓ Tidy up backyard/pool toys
- ✓ Organize backyard shed and sweep clean
- ✓ Fertilize or seed the lawn
- ✓ Help build outdoor furniture or play equipment
- ✓ Water gardens and outdoor planters
- ✓ Organize a garage sale
- ✓ Pick strawberries or other fruit at a local farm
- ✓ Help bake treats or make jams with local fruits



Fall chores

- ✓ Rake leaves
- ✓ Help close the pool
- ✓ Bring in patio furniture
- ✓ Help make seasonal foods like canning tomatoes or baking apple crumble
- ✓ Prepare gardens for winter
- ✓ Pick apples from a local farm
- ✓ Carve the Halloween pumpkin
- ✓ Sweep cobwebs from outdoor entrances
- ✓ Empty outdoor planters
- ✓ Move outdoor equipment and toys to storage
- ✓ Sort through summer clothes to give away



Winter chores

- ✓ Shovel driveway after a snowfall
- ✓ Help prepare holiday meals and treats
- ✓ Wrap holiday gifts
- ✓ Bring in firewood
- ✓ Bring in groceries from car
- ✓ Salt front walkway
- ✓ Take down holiday decorations
- ✓ Organize boots, mitts, and hats in hallway
- ✓ Help get younger siblings dressed in winter gear



MAKE CHORES A POSITIVE EXPERIENCE

Among the most rewarding aspects of raising a family is the experience of togetherness. While chores can sometimes be a source of turmoil, they don't have to be! The strategies and tips in this guide show that it's possible to share the responsibilities of the household in a harmonious way that takes everyone's thoughts and perspectives into consideration.

While your kids may never perceive chores as the "fun" part of their day, they have the capacity to recognize that sharing household tasks provides a meaningful contribution to their family. Does this mean you'll never see an eye-

roll or hear a withering sigh when you add a new task to their chore chart? We can't promise that. However, when expectations, responsibilities, and earnings (whether through an allowance or other reward system) are clearly defined and accepted, there's far less likelihood of frustration or procrastination.

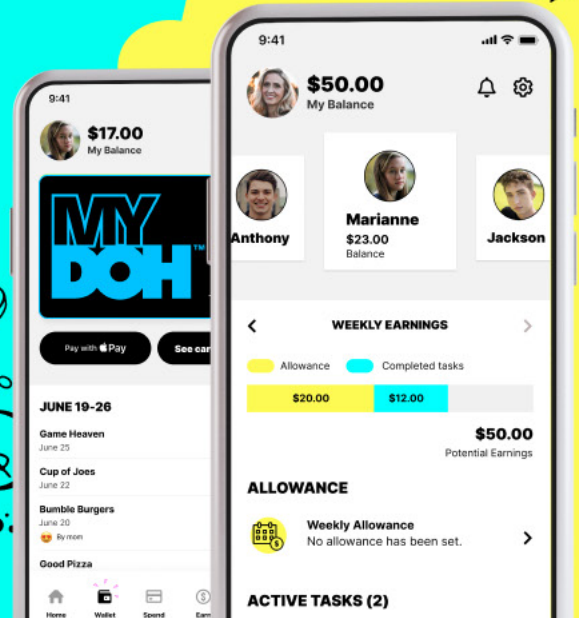
With each chore your kids complete, you can feel confident they're building important life skills that will serve them well into adulthood. And we're betting your kid may even thank you one day.





WITH MYDOH, YOUR KIDS CAN LEARN, EARN AND SPEND. SMART.

The Mydoh app and Smart Cash Card make it easy for kids to gain real money skills. And you can coach, guide, or just keep an eye on things.



You Set Tasks. Kids Earn Money

Kids learn the value of earning money with Mydoh Tasks. They'll get used to earning their own money, and you get extra help around the house.



Kids Can Spend Smarter With The Mydoh Smart Cash Card

Give your kids the independence to make their own decisions. The Mydoh Smart Cash Card is a safe, secure way for kids to spend, and you can see every purchase. Plus, as it's a reloadable prepaid VISA card, kids can only spend the money that's available on their card's balance, subject to available limits.



Kids Can Learn About Money and Even Have Some Fun

From banking to budgeting, kids learn money basics through fun facts and trivia with Mydoh Play. It's a great way to get money conversations started early.



You Get Oversight

Keep track and react to your kids' spending activity. Plus, you can lock and unlock their Smart Cash Cards at any time from the app. That's reassuring.

Visit mydoh.ca to learn more!

New Mydoh Users: Use promo code **CHORES15** and receive **\$15** when you sign up for Mydoh by December 31st, 2022*.

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