



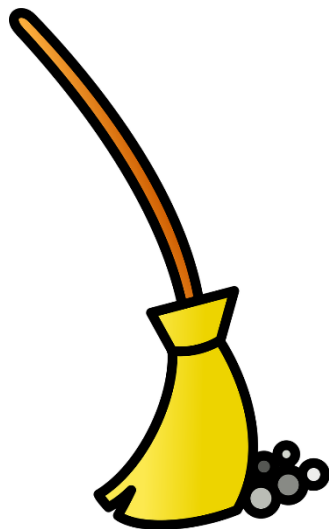
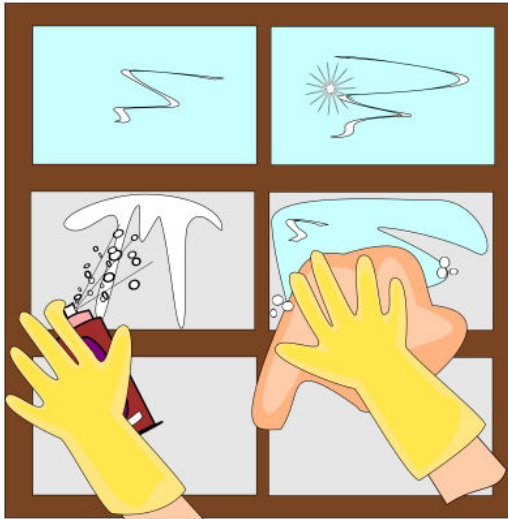
DOWN SYNDROME PROGRAM
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Helping with Household Chores





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My family helps me every day. They might take me to school or work. They might clean or cook my food. They might do fun things with me, too!

Taking care of a family is a big job. It is a nice idea to help my family. I can help them by doing chores around my house. Chores help keep our house nice and clean.



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I can start to help by keeping my room clean. I can keep my room clean in many ways. I can put away my clothes and my toys. I can make my bed.

My family will be proud of me for cleaning my room!



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There are chores to do in each room in my house. The chores for each room can be different.

My family might ask me to help with chores that are safe for kids to do. In the kitchen, I can help wash dishes. In the living room, I can help put away toys or books. In the laundry room, I can help fold the clothes. All of these chores help my family very much.



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I can make chores fun by singing a song about them! I can also pretend my chores are like a game.

I will try my best not to complain about my chores, even if I'm tired or hungry.



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Chores are little jobs that I can do to help my family in big ways. Here is my list of chores that I would like to help with in each room.

My room

Kitchen

Living room

In other rooms

Outside

Anything else?



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Down Syndrome Program

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