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Date _____

Chores Are... Good?

Kids, please don't shoot the messenger: those chores your parents have you do around the house may actually be quite good for you.

According to research conducted at the City University, kids who are responsible for taking out the trash, mowing the lawn, keeping their rooms tidy, and other tasks to help around the house turn out to be well-adjusted adults. That means—according to researchers—that chores are instrumental in helping kids learn how to complete an assigned job. They also help teach organizational skills, discipline, cooperation, and social responsibility. Kids with chores are less likely to get involved with drugs and alcohol, too.



According to the Minnesota study, "the best predictor of young adults' success in their mid-twenties is that they participated in household tasks" starting as young as 3 years old. By contrast, the study found that those kids who weren't given chores by their parents on a regular basis turned out to be, well, a little bratty.

So while you may not be happy about washing those dishes now, you will probably thank your parents later.