Parent-Teen Education Series
Household Management

Living on your own can be wonderful and exciting, but it can also be a lot of work. Here are some issues that you might want to address.

♦ Cleaning means more than just your bedroom. Generally, there are dishes to wash, tubs, toilets and sinks to scrub, floors to mop, and furniture to dust. There are windows to shine, floors to vacuum and refrigerators to clean.

♦ Laundry involves sorting clothes, choosing the proper wash cycles, choosing detergents, softeners and bleaches, as well as folding and ironing techniques.

♦ Basic cooking skills are a must; planning meals, learning how to grocery shop and knowing a few simple recipes will save time and money.

♦ Changing air filters in your home can prevent high energy bills, but also major repairs to your air conditioning system.

♦ Knowing how to unclog a drain and a toilet without making more of a mess than already exists can be useful.

♦ Using a ruler, level, and measuring tape to hang pictures and other decorations helps keep things straight. Finding studs in the wall helps avoid damaging drywall when doing so.

♦ Get to know your neighbors. They can be very helpful!

How will this activity promote the parent-teen relationship?

This activity is designed to offer a teen needed information about managing a household, and can enhance parent-teen teamwork. Parent and teen can form a partnership in which both have equal say in determining the tasks to be learned and experienced.

One of the most important jobs of a parent is preparing your children to be independent of you. As teens move toward adulthood, offering them opportunities to demonstrate life management skills is something that helps teens appreciate their parents.

Keep this in mind . . .

- Try to keep this from being a lecture. Casually involve your teen in various household responsibilities rather than overwhelming your teen with too many tasks at one time.

- Make sure your teen feels comfortable asking questions about anything s/he is not sure of.