

Heavy Work for Parents

The following are general suggestions for you to try at home. They are a starting point of ideas to try, to see if they might help your child to be cooperative, calm, and productive for you at home. When the technique is successful, your child will most likely accept the strategy and want to incorporate its use.

TIP: Children are often eager to be "helpers". Ask them to help move heavy items like the laundry basket or bags of groceries. If you need to "create" opportunities for kids to help, make it look like it's a genuine job. Then, lavish on the praise!

1. Carry heavy items like a full laundry basket to the washer or groceries from the car to the kitchen
2. Push or pull a box with toys or books across the room
3. Take the cushions off the sofas, vacuum under them and put them back. You can also climb on them, hide under them, jump and "crash" into them, play sandwich games with them, etc.
4. Pull other kids around on a sheet or blanket
5. Pull a heavy/empty trash can to the curb/house
6. Housework including vacuuming, mopping, carrying buckets of water to clean with or to water flowers/plants/trees
7. Scrub rough surfaces with a brush
8. Wash the windows. Mom may need to go behind to tidy streaks.
9. Yard work, including mowing the lawn, raking grass/leaves/pine needles, and pushing a wheelbarrow
10. Push a friend in a wheelbarrow
11. Pull a friend or heavy items in a wagon
12. Milkshake rewards sipped through a narrow straw
13. Suck applesauce through a straw
14. Allow your child to chew gum, eat chewy or crunchy foods, or sip water from a water bottle with a straw while doing homework