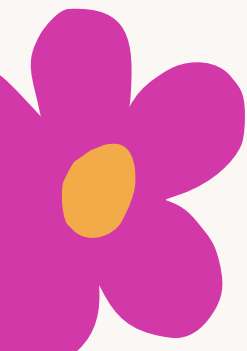


Quick Guide: What Your Child Can Clean by Age

(And Safe Swaps to Support Them)

Age Range	Safe Tasks to Try	Helpful Tools	Safe Product Swaps
Ages 2-4	<ul style="list-style-type: none">- Wipe table with damp cloth- Sort laundry by color- Put toys in bins	Small cloth, child-sized basket, visual labels	Water + drop of dish soap in spray bottle White vinegar (diluted 1:3)
Ages 5-7	<ul style="list-style-type: none">- Spray & wipe low surfaces- Help with dusting- Clear dishes after meals	Child-safe spray, feather duster, apron	Castile soap mix Baking soda for scrubbing
Ages 8-10	<ul style="list-style-type: none">- Sweep/vacuum small areas- Wipe bathroom sink- Load/unload dishwasher	Step stool, labeled caddy, checklist	Fragrance-free, plant-based cleaners DIY lemon & vinegar spray



Ages 11+	<ul style="list-style-type: none"> - Laundry start to finish - Mop with supervision - Clean their room independently 	Full-size tools, chore chart, timer	Eco laundry pods All-purpose cleaner with non-toxic label
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✓ **Safe Product Swap Tips:**

- Look for labels like “non-toxic,” “fragrance-free,” or “biodegradable”
- Avoid anything with “danger,” “warning,” or strong artificial scents
- When in doubt, DIY with vinegar, baking soda, lemon juice, or mild soap

