



Teaching Kids to Make the Bed

Many parents wonder at what age it is appropriate to start teaching their children to take on the responsibility of making their own bed. Children are most likely able to begin at the age of five. At this point, kids are able to remember bed-making steps and are physically capable of completing the task. From hospital corners to the pillowcase “sock” method, here are some basics in teaching your kids how to make the bed.

- When first teaching your child to make the bed, show them how to pull up the top sheet, blanket and duvet and place the pillow at the head of the bed. After a few days of observation, allow them to help you through the process.
- When your child is practiced and ready, start withdrawing your help, starting with the last step of pulling up the duvet cover. Gradually help them up to the last two steps and so on, until they are eventually making the bed by themselves.
- As your child grows stronger, they may start to help you with changing the sheets. Show them how to pull on the fitted sheet by pulling it over the diagonal corners first and then over the remaining corners.
- The “sock” method for putting on pillowcases is a great way for kids to learn to dress a pillow. Scrunch the pillowcase as you would a sock and by kneeling on the floor, prop the pillow against you with the end up and pull the pillowcase over the pillow’s top end. Have your child hold the pillow while you pull down the case. Do this numerous times until they are able to accomplish the task on their own.
- Hospital corners may be a bit tricky for youngsters, but once kids are making their beds on a daily basis, you can teach the hospital corner method for added neatness. Here’s a quick how-to:
 - Take the short end of the sheet and tuck it snugly under the end of the mattress, while making sure the sheet lies smoothly between the box spring and mattress.
 - Go to the opposite (short) end of the bed and pull the sheet taut, while tucking it under the mattress, maintaining the tension created.
 - Move back to the long side of the bed and tuck the edge of the sheet beneath the mattress, creating a vertical fold.
 - Return to the other side of the bed and repeat the last step and tug firmly on the sheet to create a taut and smooth surface.

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