



The big debate

Should kids have to make their bed every day?

Making the bed is a simple task, but some people say it's not worth doing.

What you need to know

- A poll conducted by CivicScience found that 45% of people in the US make their bed every day, while 7% never make their bed.
- People who make their bed every morning are more likely to have a better night's rest, according to a poll by the National Sleep Foundation.
- An 80-year study by Harvard Medical School in Massachusetts found that there is a direct link between doing childhood chores and becoming a more successful adult.



Nearly half of Americans make their bed every morning, according to one survey. People say it feels satisfying to make the bed and starts their day off right. Later at night, they also feel happy climbing into a neatly made bed. Other people, however, simply don't feel this way. Having an unmade bed doesn't bother them, and they're content to skip this morning ritual most days or always. They say they don't have time or don't see the point of straightening up bedding they'll just be messing up again later. Parents may insist kids make their bed, but is it a chore that children need to do? What do you think? Should kids have to make their bed every day?

Yes—it's a good start to the day

Everyone should make their bed. Even children as young as 4 years old are capable of learning how, according to experts. Making the bed teaches kids early in life to take care of their personal space. It also establishes a routine, which gives children a strong sense of self-discipline. Sure, making the bed may seem like a small undertaking, but it's something to be proud of. Getting it done can encourage someone to accomplish other tasks, like tidying a desk. When kids make their beds, they start the morning off right, with the satisfaction of completing something. With that feeling, they can face the day ready to take on anything.

No—kids have enough to worry about

Children already have numerous commitments between school, sports, and other activities. Asking a child to make their bed only adds more pressure and stress to their day. It's not worth it to begin the day arguing over whether the bed has been made or not. There are also better ways to help kids learn responsibility, like teaching them how to manage money. If children didn't have to worry about making their bed, they could use those few extra minutes for more sleep. Finally, it's not like anyone checks kids' bedrooms and grades them on their bed-making skills. There are more important things in life than a neatly made bed.

YES

Three reasons kids should have to make their bed every day

- 1 Expecting kids to make their bed every day is a simple way to teach them to take care of their personal space.
- 2 Making the bed can motivate a person to accomplish other tasks, too.
- 3 Having a neatly made bed is a positive and satisfying way to start every day on the right foot.

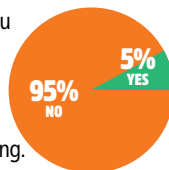
NO

Three reasons kids should not have to make their bed every day

- 1 Kids have enough worries in their day. They don't need to stress out about making a bed, too.
- 2 There are better ways to help kids learn about being responsible, such as teaching them about money.
- 3 Instead of making the bed, kids could use that time to get a little extra sleep.

LAST WEEK'S POLL

Last week, we asked if we should close the postal service. Your votes delivered a clear message: You want the US mail system to keep operating.



What do you think?

Now that you've read a bit more about this issue, visit kids.theweekjunior.com/polls so you can vote in our debate. Vote **YES** if you think kids should have to make their bed every day or **NO** if you don't. We'll publish the results next week.

The goal of the big debate is to present two sides of an issue fairly in order to stimulate discussion and allow our readers to make up their minds. The views on this page do not reflect those of *The Week Junior*, and the page is not funded by third parties.