

KID-FRIENDLY CLEANING

Give them ownership! To teach kids the importance of cleaning and to encourage them to participate, try making them their very own pint size cleaning kit, complete with a spray bottle, rags, small dust pan and sweeper, sponge, and a sock dust bunny!

CHORES BY AGE

AGES 2-3

- Put toys in the toybox
- Stack books on shelf
- Place dirty clothes in hamper
- Throw away trash
- Set the table
- Dust with sock bunny

AGES 6-7

- Empty dishwasher
- Match clean socks
- Help make a salad for dinner
- Fold towels
- Rake leaves outside
- Replace toilet paper roll

AGES 10-11

- Clean bathrooms
- Vacuum carpets/rugs
- Help prepare simple meal
- Walk dogs
- Sweep out garage
- Clean countertops

AGES 4-5

- Feed pets
- Make the bed
- Water houseplants
- Help prepare snacks
- Use hand-held vacuum
- Clear kitchen table

AGES 8-9

- Load dishwasher
- Fold clean laundry
- Put groceries away
- Bring in the mail
- Wipe of tables
- Help prepare breakfast

AGES 12+

- Mop floors
- Wash/vacuum car
- Prepare and cook dinner
- Wash windows
- Iron clothes
- Help younger siblings clean

CLEANING TIPS & GAMES

- 1. SET A DATE:** Just as you would schedule a regular checkup with your doctor, schedule an appointment with your home to begin organizing. Put it on the family calendar and make it visible. Then start the countdown to clean time!
- 2. PREP STEP-BY-STEP:** Assign different rooms to each family member. Walk the house and brainstorm ways to maximize space. Start grouping similar items together working from left to right in the room.
- 3. MAKE IT A GAME:** Tidying up doesn't have to be a struggle with your kids. Make it fun from a young age by playing cleaning games. Here are four examples of ways to make it fun:

FREEZE CLEAN

A take on the popular game "freeze dance", this gets your kids movin' and groovin' while cleanin' and pickin' up! Choose a room, play some music and instruct them to pick up toys while dancing. When the music stops, so do they!

HOUSEHOLD JENGA

Write chores on Jenga blocks with a sharpie. *See chores by age sheet. Whichever blocks your kids successfully pull without tipping the tower, they must complete that chore. Once the tower tips the cleaning begins!

CHUNK THE JUNK

Make this a game show! While cleaning out their rooms, have the kids separate "junk" they no longer use into three piles: clothes, toys, and other. Come back together and announce points per item in a game show voice!

BULLSEYE SWEEP

This is a great game for the "littles". Make a square with frog tape on your kitchen floor. Give your little a kidsized broom and dust pan. Have them sweep mess into the bulls eye square. Make it a contest and see who can collect the most mess!