

# Clean Your Room!

By Leslie Fields

*Owner of Leslie's Cleaning Services, Certified Cleaning Technician, and manufacturer of ONE cleaning products*

It's the battle cry of parents all over the world! I can't tell you how many times I have sent my children off to clean their rooms only to check in and find them playing and making a bigger mess! There is nothing wrong with playing and making a mess, just not when it's room cleaning time. So often our children get distracted or do a poor job because they are not clear on our expectations for a 'clean room'. Having a daily, weekly, and monthly room cleaning checklist is a way for you to tell your children what your expectations are and what constitutes a clean room. As in any cleaning project, deep cleaning must precede maintenance cleaning. This will likely take participation on your part, but is well worth the investment. Remember, inspecting is imperative to the success of this program. Children may need guidance along the way and need to know they will be held accountable for their work. The checklists below are just examples, you may want to adjust for your children's ages and specifics of their rooms.

## **Kids Bedroom Checklist (Deep Clean)**

- Remove all clothes and toys from floor, dressers, door knobs, hooks – double checking corners, behind doors and under beds. If the clothes are clean, do NOT put them in the hamper!
- Remove the sheets and mattress pad, wash and replace.
- Clear dust off all furnishings. Wipe off electronic equipment, desk, bookshelves, dressers, blinds, lampshades, picture frames, and knick knacks.
- Vacuum the entire bedroom floor, paying close attention to the perimeter of the bed.
- Move furniture and get under bed, chairs, table etc.
- Use a brush attachment to vacuum baseboards and window sills, followed by wiping them down with a damp cloth.
- Vacuum any upholstered pieces, including chairs and sofa.
- Wash windows with glass cleaner and wipe light-switch plates at the same time.

As a certified Cleaning Technician, I recommend using microfiber cloths for dusting and wiping and a hepa filter vacuum, if possible.

## **Daily**

- Make bed
- Put dirty laundry in laundry baskets, and shoes in closet
- Put away any clean clothes and laundry on your bed
- Clear floor of anything that does not belong
- Place toys back in correct bins or containers
- Tell Mom or Dad when you're done and we'll come inspect

## **Weekly Checklist**

- Vacuum carpet
- Empty trash can
- Change sheets and put old ones in dirty clothes hamper

- Dust
- Clean light switches and door knobs
- Tell Mom or Dad when you're done and we'll come inspect

**Monthly Checklist**

- Strip bed, wash pad and blanket
- Wash garbage can
- Remove items from shelves and dust
- Clean window tracks
- Organize shoes
- Organize toys, donate unwanted toys and books