

# Clean Up the House!

## Tips:

- J Wear an apron and put up your hair
- J Put on fantastic music and sing!
- J Drink lots of water and/or tea
- J Try chewing gum to keep energy up
- J Stretch as you go to keep limber
- J Set timers if you get distracted
- J Make the beds first--good for morale
- J Next run the dishwasher and washing machine while you clean the rest of house
- J Order pizza or take out for dinner when you work this hard
- J After, shower and reward yourself with a special outing
- J Light a scented candle
- J Invite people over to your nice, clean house

## All Rooms - Dust, Vacuum, and Wash

- q Straighten clutter and toys
- q Replace books and straighten books
- q Dust for cobwebs
- q Dust ceiling fans
- q Dust picture frames
- q Clean windows and mirrors
- q Damp dust window frames
- q Damp dust furniture and flat areas
- q Dust lamp shades and bases
- q Wipe knick-knacks and telephones
- q Wipe finger prints around switch plates and doorknobs
- q Dust books and bookshelves
- q Empty and clean trash baskets
- q Vacuum floor and carpeting
- q Mop/hand scrub wood and tile floors
- q Wash baseboards
- q Spot clean walls
- q Disinfect door knobs and high contact surfaces w/spray

## Kitchen and Dining Room-Cleaning

- q Empty dishwasher
- q Load dishwasher
- q Clean fronts and tops of oven, dishwasher, and refrigerator
- q Clean fronts of cupboards
- q Wipe inside and out of microwave
- q Wash oven range toppers, dry and replace
- q Clean countertops
- q Clean and disinfect sink
- q Clean inside of range hood and grease filter
- q Wash trashcan

- q Toss old food and wipe inside of refrigerator
- q Wipe and clean out toaster oven
- q Wash tables and chairs, chair legs
- q Wash high chair

## Bathrooms-Cleaning

- q Clean and disinfect sink and vanity
- q Wipe cabinet fronts
- q Clean and disinfect toilet
- q Clean and disinfect tub
- q Clean/scrub tile and grout
- q Treat for mildew, if needed
- q Put dirty towels in laundry and replace with fresh ones
- q Fill hand soap, if needed

## Bedrooms

- q Make beds with fresh linens, put old sheets in laundry
- q Straighten clutter
- q Hang up clothes
- q Put dirty clothes in laundry

## Finishing Up

- q Throw out trash, recyclables, newspapers
- q Throw out old mail, catalogs
- q Throw out broken toys
- q File papers and bills
- q Put Kleenex box in each room
- q Laundry-wash and put away
- q Replace burnt out lightbulbs
- q Wash/disinfect mouthable toys
- q Scrub and dry/laundry rugs
- q Launder comforters and pillows as needed
- q Straighten yard, yard work as needed
- q Sweep porch
- q Water flower boxes
- q Open windows and air out house

## Car

- q Clean trash from car
- q Wash windows inside and out
- q Vacuum car at gas place
- q Sponge clean carpeting and seats
- q Fill car with gas
- q Get air pressure checked and filled
- q Get fluids checked and filled
- q Oil change as needed