

SPRING CLEANING TIPS

for Families with Kids



Getting kids to do chores can be a chore in itself. Add some creativity and fun to your spring cleaning to-do list to get kids interested in the tasks! Use the tips below to achieve a care-free and stress-free spring cleaning.

1. Show how a task is done

Rather than just telling kids what to do, show them first how it's done. This will give them encouragement to do the job the same or better.

2. Create a chore schedule

Make it colorful and interactive. This will give kids structure so that they know what to expect on a daily basis. Cleaning will soon become a routine part of the day.

3. Give an incentive to clean

Give kids small rewards for each task accomplished - For example, a small treat or 15 extra minutes of watching TV. Large rewards can be associated with larger tasks.

4. Add energizing music to the background

Fun music will get kids' minds off of what they're doing as well as drown out any potential whining.

5. Break down each chore into a small and manageable task, then move onto the next

Start by asking your child to do a one-step task, and when they are done, gradually move onto the next.

6. Let kids think they are in control

Allowing kids to feel in control will make them more inclined to complete a task, and make them proud of what they accomplish at the end. Sometimes giving kids an option between a few tasks will allow them to feel like they are playing a game. Also, allowing them to give their input into how a task is done will make them more responsive to your needs.

7. If you have multiple children, assign one to be the "task master" every day and have them switch off jobs

This will give a little bit of excitement to the cleaning routine.

8. We all know kids would rather be playing with toys than cleaning the kitchen, so make cleaning a game

Put non-toxic cleaning product in squirt guns to help in the house, or invent an outdoor game that also helps get yardwork done!

9. Keep tasks age-appropriate – not gender-specific

Vacuuming is a great task that boys and girls of any age tend to enjoy.

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