

5 VISUAL STEPS TO FAMILY TIDYING/CLEANING

1 TRASH BAG THERAPY

This step is the easiest and often most impactful. Everyone grab a bag and get as much as you can!

When in doubt, throw it out. Your mental health is more important than recycling or donating if you're already overwhelmed.



2 DISHES AND CLOTHES

Grab a basket and put all dishes in it and take those to the sink and leave them there.

Then put all clothing items in another basket - put on the stairs or in the washer.

3 DOESN'T GO HERE

Put every item that does not belong in the room into a 3rd basket. Start with vertical surfaces like tables or counters. When done, set the box outside the room. You'll go through it later.



4 PUT ITEMS IN HOMES

Everything that has a home, goes to its home. Start with one corner and slowly move outward. Play music to keep it fun. (Labels can help kids.)



5 ACTUALLY CLEAN

Once the room is reset vacuuming or sweeping and mopping is much easier. Wipe counters, spray toilet spray, whatever it is to actually "clean" the space. Kids like *real* jobs, let them help!



5 MORE STEPS TO FAMILY TIDYING/CLEANING

1 DONATIONS

Keep a box at all times that you can toss donation items into. Drop it off at Savers, Good Will, Deseret Industries, or the like whenever it's full. Don't keep things at your house waiting to find the perfect place - just release the items to find new families to serve.



2 LESS IS LESS

When you have fewer items to organize you have less cleaning, upkeep, or mental load. Let things go. And don't buy more unless you already know it's assigned place before it even comes home.

3 SALES

Don't hold on to things to sell "someday", snap a photo, post it online, and set a deadline. If they aren't sold by the end of the week, donate instead. The money is already spent. You don't lose it again by releasing the items that increase your workload.



4 USE THE WORD RESET

Instead of charged words like "clean up", try "Let's reset the living room." It's a more clear goal, it isn't emotionally charged, and every step is an accomplishment.

5 SMALL GOALS, WORK TOGETHER, CELEBRATE

If your kids (or you) are overwhelmed, set a short timer. 5 minutes x 4 people is still 20 minutes of tidying! Celebrate EVERY move forward. Thank your kids for their contributions!

