

Family Clean Up



Cleaning is an adult priority, not a kid one. So we need to take the lead. Be ready to model what it looks like to happily and kindly care for the home and the items in it. It is OK to have LESS STUFF!! Keep what you can manage and release the rest without regret. Use toy rotation if your child's special items can't be released yet and you still want less out at one time.

Kids do not have the executive functioning to "clean up" without support. They need specific help, our modeling, and a positive culture of tidying and caring for our belongings with gratitude.

Use music and games to make this more fun. Trust that living in a home where tidying is the norm will teach your kids infinitely better than exploding and demanding. MANY of us have negative associations with cleaning because of our family of origin's approach. We can make that different for our own kids now. AND keep it manageable.

1) Dishes

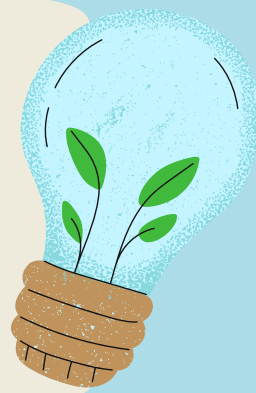
Run around the house and grab every plate, spoon, bowl etc that you can find and bring it to the sink. How many can you find?

2) Trash

I spot 1 specific piece of trash...who will get it first. All trash into the bin! Go!!!

3) Clothes

All abandoned clothes, socks etc. go into this laundry basket or get tossed into a pile on the stairs or go directly into the washer!



4) Toys

Every toy not in its home goes into this bucket, basket, or box. Just toss them in. Now all surfaces are cleared.

5) Return toys to their homes

Hand out toys 1 type at a time and give a specific instruction - put these legos in the lego bin. Soon the box will be empty and you'll be done.

