



# GET YOUR KIDS CLEANING!

By The Cleaning Authority



# Need help getting your kids to clean?

When it comes to getting your kids to help around the house, it can be like pulling teeth. Whether it's a big project like cleaning their room or something as simple as clearing the table after dinner, most kids just don't want to help out! Of course, learning to do chores at a young age can help teach valuable lessons to our kids.

So... why not make it a little easier to get those chores done? We've compiled all of our favorite tips to help get your kids to pitch in more around the house.

# AGE APPROPRIATE CHORES FOR CHILDREN

Having your kids do chores isn't just helpful to you, but can also help teach kids crucial household tasks. This will help them to become independent, better prepare them for their future, and also teach them a sense of responsibility.

Not sure what chores are right for your kids? We've created a list of the best chores for different ages!

## Ages 3-4

### Assist in Making Their Bed

Helping to make their own bed gives children a stake in the tidiness of their own space.



### Pick Up Toys

Cleaning up their toys and books when playtime is over teaches children to pick up after themselves.



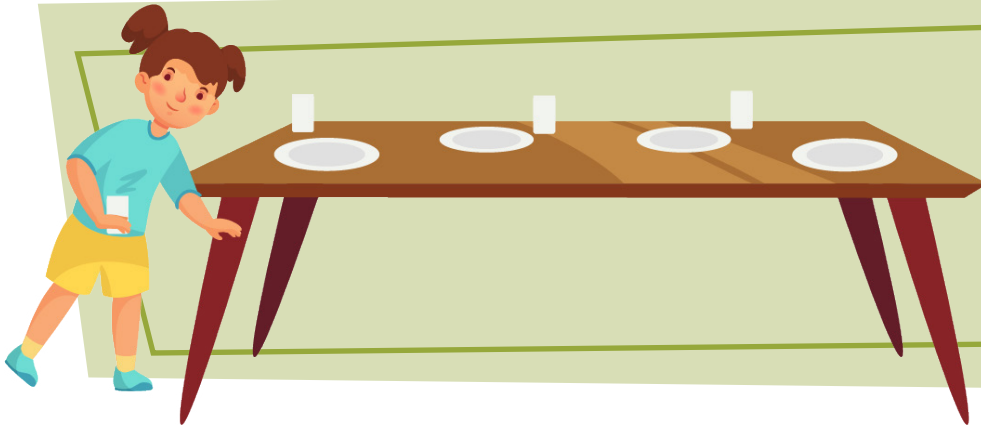
### Put Dirty Clothes in the Hamper

Learning to immediately put dirty clothes in the hamper at a young age will create lifelong good habits.



# AGE APPROPRIATE CHORES FOR CHILDREN

## Ages 5-6



### Set the Table

Setting the table is a task that helps children practice neatness, presentation, and etiquette.

### Make Their Bed

It's a small job, but starting their day off accomplishing a chore can set the tone for the whole day.



### Put Laundry Away

Learning to put away the laundry can help kids to begin understanding the value of organization.



## Ages 7-9

### Take Trash and Recycling Out

Taking out the trash and/or recycling can show your child the importance of being a conscientious citizen, especially when it comes to wastefulness.

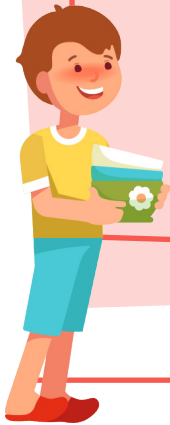


# AGE APPROPRIATE CHORES FOR CHILDREN

## Ages 7-9 Cont.

### Load/Unload the Dishwasher

Cleaning up after not only themselves, but the whole family, is something that will help them realize all that you do for them.



### Clear the Table

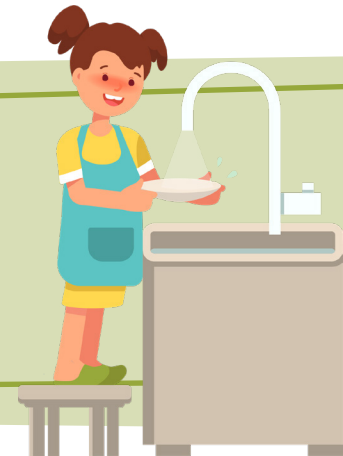
Cleaning up after others at dinner lets your children practice proper etiquette and manners, especially when hosting.



## Ages 10-12

### Wash Dishes

Washing the dishes lets your kids practice paying attention to detail. No one wants to eat from a dish with food residue on it, no matter how small.



### Help Prepare Food

Having them help you prepare lunch or dinner can make sure they know how to make at least a few simple meals.



### Vacuum/Sweep

Vacuuming and/or sweeping the floors lets your kids practice diligence. The floors are the largest and perhaps dirtiest surface in any home, and it is important not to skimp out on them.



# AGE APPROPRIATE CHORES FOR CHILDREN

Ages 13+

## Wash & Fold Laundry

Taking care of their own laundry will show your child that he/she can be independent. If they want to wear a certain shirt that is dirty, they'll need to plan ahead of time.



## Yardwork/Mow Lawn

Physical yardwork and/or mowing the lawn can teach them that hard work pays off. It allows them to get outside and stay active as well as making your yard look neat and tidy.



## Clean the Bathroom

Assigning them to cleaning the bathroom emphasizes keeping good hygiene. If there is less of a mess to begin with, it will make it easier for them to clean.



# FREE PRINTABLE CHORE CHART

A chore chart is a great way to keep yourself organized and to keep the kids on task with the jobs they need to do daily and weekly. Print this page and cut out the chore chart below to start using in your home!



## CHORE CHART

Name \_\_\_\_\_

Daily

S

M

T

W

T

F

S

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# MAKE ROOM CLEANING EASY FOR YOUR KIDS

With so many toys, clothes, and books, it can become easy for a kid's room to become a disaster. Having a more organized bedroom can help make cleaning a much easier task for kids. Check out these tips for their bedroom!

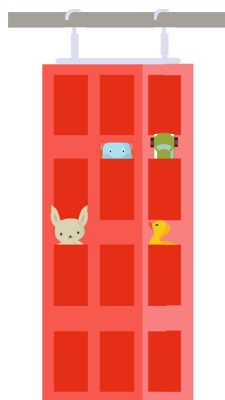
## Rolling Toy Chest

A toy box or bin on wheels is the perfect way to keep those toys out of site when they're not in use. It's easy to place the toys in the bin, and then your kids just need to roll it under the bed.



## Hanging Shoe Organizer

Shoe organizers that you hang on the back of the door are perfect for storing dolls or action figures.



## Hanging Storage Bins

Buying fabric storage bins that can be hung on the wall is an easy way to store toys.

For the kids, they'll have fun throwing their stuffed animals into the bins when it's time to clean up.



## Book Rack

Spice shelves on bedroom walls can create an easy, visible way to store your children's favorite books.



## Stuffed Animal Bean Bag

An empty beanbag chair can be filled with stuffed animals to create a clever storage solution that doubles as a place to sit!



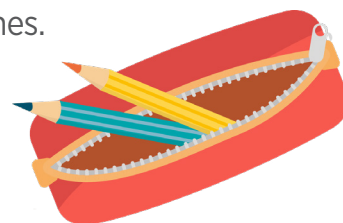
## Magnetic Toy Garage

A thin magnetic strip on the wall or on a shelf creates an easy, organized way to put tiny car toys away.



## Pencil Cases

Zip-up pencil cases are great for storing smaller toys, like doll shoes or clothes.





# MAKE CLEANING A GAME FOR YOUR KIDS

Kids don't love to clean, but kids do love games! So, we took some common kids' cleaning tasks and turned them into games the kids are sure to enjoy!

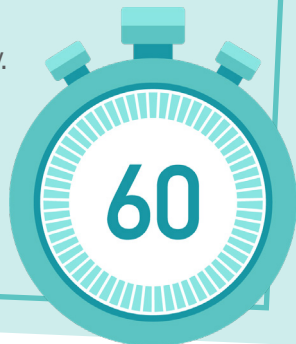
## Family Fashion Show

When it's time to clean through clothes, blast the tunes and make it into a family fashion show. Children (and parents!) can try on all of their clothes to find out what they don't like anymore or what doesn't fit. Turn the hallway into a runway and flaunt each outfit off! When you're all done, bring the discarded clothing to a consignment store or donate it to charity.



## Race the Clock

Whether it's cleaning up toys or making the bed, turning cleaning into a race will create some fun and get it done quickly! Use a kitchen timer or smart phone to set the timer for 5 or 10 minutes depending on the activity. Call out "1, 2, 3... GO!" and start the timer. Kids will work quickly to finish the task before the buzzer!



## Treasure Hunt

Make a list of items that have wandered into rooms they don't belong in such as, kids toys in the living room or shoes left in the laundry room. Present the list to your kids as a treasure hunt. Whoever finds the most items and puts them in the proper room wins!



## DANCE PARTY!

We've created a Spotify playlist to really help your kids get into the spirit of cleaning! Featuring songs from their favorite movies and other pop hits, [this playlist](#) is sure to help get your kids to work!



# LET THE PROFESSIONALS DO THE CLEANING FOR YOU!



It's great to have your kids helping around the house, but sometimes you just need that professional touch! At **The Cleaning Authority**, we want to give you more time to spend with your family. Let us do the housecleaning for you!

Visit **The Cleaning Authority** to find the location nearest to you and get a free online estimate, then you can get the following tasks off your busy to-do list for good!

## EVERY TIME WE CLEAN

We provide these services every time we're in your home.

### BATHROOMS

- Tile walls, bathtubs, and showers cleaned
- Shower doors cleaned
- Vanity and sink cleaned
- Mirrors and chrome fixtures cleaned and shined
- Floors cleaned/carpets vacuumed
- Toilets thoroughly cleaned
- Window sills, ledges, and blinds dusted
- Cobwebs removed
- Doors and door frames spot cleaned
- General dusting

### LIVING AREAS

- Flat areas hand wiped
- Doors and door frames spot cleaned
- Cobwebs removed
- Picture frames dusted
- Ceiling fans dusted
- Lamp shades dusted
- Intricate items dusted
- Heavy knickknack areas dusted
- Window sills, ledges, and blinds dusted
- Clean hardwood floors: vacuumed and damp mopped
- Stairs vacuumed
- Empty closet floors vacuumed
- All readily accessible floors vacuumed

### SLEEPING AREAS

- Flat areas hand wiped
- Doors and door frames spot cleaned
- Cobwebs removed
- Picture frames dusted
- Ceiling fans dusted
- Lamp shades dusted
- Intricate items dusted
- Heavy knickknack areas dusted
- Window sills, ledges, and blinds dusted
- Clean hardwood floors: vacuumed and damp mopped
- Stairs vacuumed
- Empty closet floors vacuumed
- All readily accessible floors vacuumed

### KITCHENS

- Counter tops cleaned
- Outside of range hood cleaned
- Top and front of range cleaned
- Drip pans or glass top surfaces wiped
- Sinks cleaned and chrome shined
- Fronts of all appliances cleaned
- Floors vacuumed and damp mopped
- Window sills, ledges, and blinds dusted
- Cobwebs removed
- Microwave wiped out
- Doors and door frames spot cleaned
- General dusting

## ON A ROTATING BASIS

In addition to the services provided every time, we provide these services on a rotating basis.

### BATHROOMS

- Tile grouting scrubbed
- Shower door given extra attention
- Doors and door frames hand wiped
- Knickknacks individually cleaned
- Fronts of cabinets hand wiped
- Baseboards and window sills hand wiped
- Floors given extra attention
- Faucets, sinks, and drains cleaned with a toothbrush

### LIVING AREAS

- Doors and door frames hand wiped
- Window sills and ledges hand wiped
- Knickknacks individually cleaned
- Furniture surfaces hand wiped
- Baseboards hand wiped
- Furniture and upholstery vacuumed
- Carpet edges vacuumed
- Floors given extra attention
- Accessible areas under furniture vacuumed

### SLEEPING AREAS

- Doors and door frames hand wiped
- Window sills and ledges hand wiped
- Knickknacks individually cleaned
- Furniture surfaces hand wiped
- Baseboards hand wiped
- Furniture and upholstery vacuumed
- Carpet edges vacuumed
- Floors given extra attention
- Accessible areas under furniture vacuumed

### KITCHENS

- Inside of range hood cleaned
- Drip pans or glass top surfaces cleaned
- Doors and door frames hand wiped
- Appliances cleaned and shined
- Knickknack areas cleaned
- Fronts of cabinets hand wiped
- Baseboards and window sills hand wiped
- Floors given extra attention
- All kitchen furniture hand wiped