

Cleaning Your Home Just 10 Minutes a day



CLEANING

Using a little of your time each day to clean your home and keeping looking tidy, will mean that cleaning can be undertaken in small ways each day, instead of all at once on a weekend or in a rush for an inspection.

Spending just 10-20 minutes each day will help to keep an uncluttered and clean home that will help you feel better about being home, keep a clearer mindset to concentrate on other every living activities, and maintain you and your families' well-being.

Just 10 minutes a day is all you need. Here's how to do it.

- Each time you pick something up in your home; make a decision about what you are going to do with it. This means that if you see a child's toy on the floor, when you pick it up, are you going to put it back into their room or put it in another place right there and then. This will make it easier to keep an organised, uncluttered home.
- After your meal times do the dishes straight away, either by yourself or getting your family involved.
- Washing your clothes or other household items, each day will help keep your laundry manageable.
- Get the whole family involved, you are never too young to contribute to the running of the house, your family wants to help you, it is ok for them to help everyone keep a tidy home.
- You could give your children a regular chore that they are responsible for.
- Have some fun while you are cleaning, listen to some of your favourite sounds, it could be an e-book, the radio, your favourite tunes or other motivational material.
- Get your family involved and with children make a game of it, for example see who can pick up the most items and put them away before the music stops!