



Laundry sorting clothes to wash

Keeping clothes clean can be achieved with a little time each day. Having clean clothes helps keep a healthy home and family. Having clean clothes to wear improves confidence and wellbeing.

Quick Laundry Tips

- Washing clothes every couple of days will keep this manageable.
- Picking up washing and putting it in a basket or in the laundry will help keep your home tidy.
- Use cold water which is just as effective as using hot water and will save on energy bills.
- Whites, colours, and dark clothing are best separated.
- Hand wash delicate materials.
- Wash school uniform items separately, as they will last longer.
- Check all pockets particularly for tissues and paper.
- Wash off or soak food and other stains and spills straight away.

Tips for sorting clothes when washing

- Separate your washing into (whites/lights, colours, dark or heavily soiled items which may need soaking prior to washing)
- Check pockets and remove rubbish, tissues and other items
- Do zips up on clothing to keep zips from getting damaged or catching on other clothes