

# *Spring Cleaning!*

Spring is always the time when we want to freshen up, clean out, and start over.

It is strange that during the colder months we seem to hibernate and clutter- Then when the days become longer and warmer- we get the feeling of wanting to create empty spaces again for something new.....

It is a fact that clutter in a home leads to disharmony and friction, and uncluttered, the opposite, and creates harmony- in this hectic life, we can all certainly do with more harmony!

Kathy Peel, a "The Family Manager" gives such practical and good advice. of how to clean and organize our home in a single week-end!

## **Getting started**

- Walk through each room in your house with paper and pen; list what you need to do.
- Take stock of cleaning supplies and equipment. Buy items you need.
- Vacuum bags, black bags, empty boxes ECT
- Call a charity or church organization and schedule a time after your cleaning weekend for them to pick up items and clothes you want give away.
- Arrange for extra help if needed ( Use an agency or' rent- a maid')

## **Get Set**

- The week before spring-cleaning, have family members decluttered for 10 minutes each night. Be ruthless with things like gift boxes, shopping bags, old magazines, and catalogs and craft materials you have saved to use but have not.
- Clean out remainders from your refrigerator and freezer, and pantry
- Do one or two shelves at a time during short nightly segments.
- Assign cleaning tasks to family members according to age and skill level.
- Stock plastic buckets with cleaning supplies.
- Put garbage central locations for easy access...
- Attach a long extension cord on your vacuum cleaner so you can move quickly through rooms and hallways. Replace the bag if needed.
- Spray your oven with oven cleaner the night before. Put the drip pans from your stove and the ventilating fan/hood filter in a sink full of hot soapy water. Let them soak overnight.

## **Go!**

Get up early Saturday morning and have family members strip bed linens (including mattress covers) and remove curtains that need cleaning. Begin washing. Keep laundry moving from washing machine to the washing line or drier.

Get dry items, that require ironing done, either folded or on hangars.

### **Morning Jobs:**

#### *Living Areas and Bedrooms*

- Vacuum. Moving from room to room, use brush attachment to vacuum cobwebs from ceilings and corners, light fixtures, ceiling-fan blades, shutters or blinds, door and window moldings, lampshades, pictures, windowsills and baseboards. Use upholstery attachment to vacuum curtains and upholstered furniture.
- Dust and polish wood furniture, shelves, and knickknacks.
- Wipe off woodwork with sponge and mild soapy solution.
- Clean mirrors and glass furniture tops.
- Flip mattresses and put clean linens on beds.
- Dust mop or vacuum wood floors and vacuum rugs or carpets.

### **Early Afternoon:**

#### *The Kitchen*

- Vacuum ceiling and corners, fan blades and light fixtures.
- Vacuum refrigerator coils and front grill.
- Defrost freezer if necessary. Wipe off refrigerator shelves.
- Clean inside microwave.
- Finish cleaning oven and stovetop. Replace drip pans.
- Wipe off outside of appliances.
- Clean countertops and backsplash.
- Disinfect and clean the rubbish bins.
- Wipe off woodwork, and drawer and cabinet handles.
- Vacuum, mop and clean the floor

### **Late Afternoon:**

#### *Clean Bathrooms*

- Remove shower-curtain liners. Wash these for five minutes with a bath towel on delicate cycle; hang on a line or shower rod to drip-dry.
- Wash all the math mats
- Vacuum ceiling and corners, light fixtures, windowsill and baseboards.
- Spray shower, tub, and toilet with heavy-duty cleaner. Let solutions go to work, then wipe off and rinse clean.
- Wipe off woodwork and switch plates, bathroom scale and knickknacks.

- Clean mirror and chrome fixtures. ( use a metal cleaner and a old tooth brush )
- Vacuum floor, then mop floor with disinfectant.

### **Smarter Cleaning**

- Think gravity. Clean from top to bottom; that's the direction the dirt goes.
- Vacuum — instead of dusting or sweeping — whenever possible. It's quicker and usually more thorough.
- Use timesaving cleaning wipes.
- Do not get distracted. If you find a magazine you have been looking for under a bed, do not stop to read it.
- Do not clean anything that is not dirty. For example, wipe smudges off a door without cleaning the entire door.
- Work around a room instead of crisscrossing it so you do not have to carry supplies and equipment back and forth.
- Cannot afford to hire or have no one to help-? Team up with a friend. You help her spring-clean and she helps you do the same. Two vacuums and four hands can get both homes done twice as fast.

Like toe old Chinese proverb- “many hands make light work”- but a tidy home adds to a tidy mind.

Spring clean your home ,cleaning creates empty space where something new can happen, leaving a free area for a new approach, new energy-creating neutral ground, for you mind to grow - so why not get started, spring clean- and be the best you can be until next time!