

# SPRING CLEANING TIPS

*for Families with Kids*



Getting kids to do chores can be a chore in itself. Add some creativity and fun to your spring cleaning to-do list to get kids interested in the tasks! Use the tips below to achieve a care-free and stress-free spring cleaning.

## 1. Show how a task is done

Rather than just telling kids what to do, show them first how it's done. This will give them encouragement to do the job the same or better.

## 2. Create a chore schedule

Make it colorful and interactive. This will give kids structure so that they know what to expect on a daily basis. Cleaning will soon become a routine part of the day.

## 3. Give an incentive to clean

Give kids small rewards for each task accomplished - For example, a small treat or 15 extra minutes of watching TV. Large rewards can be associated with larger tasks.

## 4. Add energizing music to the background

Fun music will get kids' minds off of what they're doing as well as drown out any potential whining.

## 5. Break down each chore into a small and manageable task, then move onto the next

Start by asking your child to do a one-step task, and when they are done, gradually move onto the next.

## 6. Let kids think they are in control

Allowing kids to feel in control will make them more inclined to complete a task, and make them proud of what they accomplish at the end. Sometimes giving kids an option between a few tasks will allow them to feel like they are playing a game. Also, allowing them to give their input into how a task is done will make them more responsive to your needs.

## 7. If you have multiple children, assign one to be the "task master" every day and have them switch off jobs

This will give a little bit of excitement to the cleaning routine.

## 8. We all know kids would rather be playing with toys than cleaning the kitchen, so make cleaning a game

Put non-toxic cleaning product in squirt guns to help in the house, or invent an outdoor game that also helps get yardwork done!

## 9. Keep tasks age-appropriate – not gender-specific

Vacuuming is a great task that boys and girls of any age tend to enjoy.

**eureka**<sup>®</sup>