

A **CLEAN** bedroom equals a peaceful, happy LIFE

Daily Bedroom Tidy (10 minutes)

- Let in the light! Open shades/drapes/blinds, giving the fabric a quick swish to rid it of dust. Arrange the window covering attractively. If you have a blind, dust each side quickly before opening.
 - Make your bed.
 - Pick up all clothing. Clean clothes get folded and put away; dirty clothes go in the laundry hamper.
 - Put away toys, instruments, and everything else on the floor or horizontal surfaces.
 - Throw away all trash.
 - Check the corners, nooks and crannies--they should be empty and clean.
 - Return and report.
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Friday Bedroom Cleaning (30 minutes)

- Clean bedroom according to the daily list before beginning the Friday list.
 - Clean closet, including all shelves and the floor, organize clothing and toys.
 - Clean drawers, fold and organize clothing, no garbage--all drawers should close nicely. If they don't, give the extra clothing to mom.
 - Dust light fixtures, corners where walls and ceiling meet, shelves and furniture.
 - Vacuum, including under your bed (make sure it's clean first, so you don't suck stuff up).
 - Dust and clean blinds. Turn them closed and dust one side, then open and dust the other side. Clean them with a damp washcloth if needed.
 - Wipe down doors, door jams, light switches, baseboards and all moldings.
 - Clean inside of windows with glass cleaner sprayed only on microfiber washcloth.
 - Clean window track using vacuum nozzle and damp washcloth.
 - Clean window sills with damp washcloth and 1 drop dishsoap.
 - Return and report.
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Monthly Bedroom Cleaning (1 hour)

- First complete the Friday Bedroom list.
- Clean outside and inside of windows with glass cleaner.
- Remove, launder and replace sheets and other bedclothes as needed.
- Move furniture to vacuum along baseboards.
- Wash draperies, throw pillow covers and any textiles that need it.
- Wipe down walls and furniture.
- Wipe down closet shelving.
- Return and report.