

Once a day

- Change your dish cloth
- Wipe down your kitchen garbage container
- Air out your house every day. Just for 5 – 10 minutes, open a window and turn down your thermostat. It's particularly important in the bedrooms, where the air can get stuffy.

Once a Week

- Give your bathroom a thorough cleaning. Give the wash basin and toilet an extra going over if you have kids.
- Vacuum thoroughly, which means vacuuming slowly. Go over the area a number of times to suck up all the pet hair and crumbs stuck in the carpets.
- Dust. Use a damp cloth so the dust doesn't fly everywhere
- Wipe window sills
- Sterilize your cell phone

Every other Week

- Change your bed sheets
- Clean your refrigerator
- Wipe the outside of your kitchen cupboards

Once a month

- Wash your kids teddy bears and stuffies in hot water
- Wash all the floors in the house
- Wash pillows in hot water
- Wash doors and hardware
- Wipe down your computer with rubbing alcohol

Every 6 months

- Unfortunately, windows don't clean themselves. Either pay someone to do it or do it yourself. Always wash them from top to bottom. Use a universal cleaner or a bit of vinegar in the water, a squeegee and a soft cloth.
- Wash your eiderdown or duvet in hot water
- Wash LEGO and other plastics toys in the washing machine. Tie them up in a pillow case on a gentle cycle
- Thoroughly clean kitchen drawers and cabinets

Once a Year

- A thorough cleaning where you move furniture to get at the dust bunnies, pull books out and dust them, wash curtains. If you live in an area with hard water, remove calcium build up on shower heads and faucets
- Wipe down electrical outlets and light switches
- If you smoke, you'll need to wash ceilings and walls as well

You can use cheap and easy products to clean. Vinegar can be used to remove calcium build up and clean windows. Baking soda can be used to scour bath tubs and clean out refrigerators, wipe with water after to remove film. Lemon can help with calcium build up and gives a lovely, fresh scent.



Læs mere

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