

Introduction

Cleaning your home and keeping it that way can seem almost impossible. Don't you wonder how others do it?

If you have ADHD, like me, housekeeping can be so *overwhelming*.

Let's work through this, a little bit at a time, and see if we can't bring this monster down to size.

Room by room in order:

- Kitchen
- Bathrooms
- Laundry room
- Master bedroom
- Living areas
- Kids rooms

Kitchens and baths are the most important because of health reasons.

The laundry room is next because laundry is important.

You need an orderly master in order to start and end your day in peace.

Living areas are next so that you are presenting a clean space to whoever comes by.

Kids rooms, offices, guest bedrooms, dining rooms, etc are last.

Make a list of what needs to be done in each room on a daily basis.

Make a second list of things that can be done weekly, then monthly.

Begin with clutter. Declutter the room you are working on. DO NOT move things from one room to another unless they genuinely belong there.

Take notes of what needs a home, what causes problems, etc.

Include tips on the worksheets of things to help, like storage solutions, shelf life of food, etc.

The Kitchen

Daily

- Dishwasher unloaded, loaded throughout the day, and run at the end of the day
- Alternatively, dishes washed and put away. Best to do this throughout the day.
- Prepare meals
- Put food away, straighten kitchen
- Wipe down countertops and sink. I do the stove and other appliances weekly, but that's up to you.
- Empty trash and recycling

Weekly

- Clean appliances
- Sweep and mop the floor. Again, some people sweep daily.
- Clean out fridge

Monthly

- Deep clean appliances as needed
- Straighten cupboards
- Clean windows

The Bathrooms

Daily

- Wipe down sink, tub, and toilet in that order if you're using the same cloth.
- Swish the toilet with a little cleaner added
- Wipe down the mirror with the old hand towel
- Add a fresh hand towel
- Empty the trash

Weekly

- Do a deeper cleaning; consider a handheld steamer for the job. They are very effective, sanitize, and affordable.
- Sweep and mop the floor

Monthly

- Clean the shower wall

The Laundry Room

Daily

- Wash and dry at least one load a day, based on your family size
- Clean the dryer vent every time you use the dryer
- Deal with the clean laundry. In my house, the only things we fold are towels and sheets; our clothes are hung in the closet (unless we're living out of a laundry basket) and socks and underwear are stored in baskets on the closet shelves. We don't own dressers or chests of drawers; they don't work for us.
- Clean up any messes. My family has a bad habit of leaving dirty clothes on the floor. I have yet to come up with a good solution. If you have one, I'd love to hear it.

Weekly

- Clean your appliances. Wipe down the outside and do any cleaning necessary on the inside. Some HD washers often need to be cleaned inside now and then, and if you use liquid fabric softener, then you know what a mess that makes.
- Take note of how much detergent, etc you have so that you can add it to your grocery list
- Sweep and mop the floor
- Empty the trash

Monthly

- Wash windows if appropriate

The Master Bedroom

Daily

- There are two schools of thought here: one says to make your bed first thing to give you a sense of accomplishment and make your room look nice. The other says not to make your bed, but to pull the covers down to let your bed air out; that whole dust mite thing. Your choice. My husband works midnights so for us, it's a pretty haphazard thing.
- Hang up your clothes and just generally straighten up.

Weekly

- Wash your sheets
- Dust
- Sweep or vacuum the floors
- If you have nasal type allergies, I highly recommend using Fabreeze Allergen. Spray it on your mattress and pillows before you put your clean sheets on. The first time I used it, I didn't tell my son (who has bad allergies) and he asked the next day if I had done anything different.

Monthly

- Wash your bedding, like blankets, comforters, and pillow covers. Some people wash their pillows; I've never tried it. I just buy new ones when I think we need them.
- Clean your windows
- Wash or clean your drapes as needed

Living Areas

Daily

- Straighten up

Weekly

- Dust
- Vacuum or sweep and mop

Monthly

- Dust the lampshades and picture frames
- Vacuum the furniture
- Clean windows
- Clean TV screens

Kids Rooms

Note: This may or may not be a task for you to do. Depending on the age of your children, they may be able to do this themselves or with some help.

Daily

- Straighten up room
- Make bed (see notes on Master Bedroom)

Weekly

- Wash sheets
- Dust
- Sweep or vacuum floors

Monthly

- Wash blankets, comforter, and pillow covers
- Clean windows
- Wash or clean curtains as needed

Notes

- Tailor everything to fit your family. If you have small children around, mopping the kitchen floor might be an everyday thing.
- It wasn't mentioned, but be sure to collect dirty clothes, towels, etc each day so that you can get a load done. Remember, you don't have to do it all yourself. Kids can be taught to do a simple load of towels without trouble.
- Include things like computer screens in your cleaning schedule.
- Make adjustments based on your own home.
- Don't aim for perfection; better than it was is good enough.
- This list may look like a lot, but it really isn't. The daily tasks are easy to get done; they take less time than you think.
- Time the things you hate or think take forever. I bet you'll be surprised.
- Ask for help. No. Don't ask. Delegate. You're not the only one living there.
- Make rules and stick to them. If you leave something out for x number of minutes/hours/days then you lose it for x number of minutes/hours/days. Enforce it. It worked on my 30 something year old brother in law when he lived with us; it can work with your kids.
- Space your weekly and monthly stuff out based on the time you have. Don't sacrifice time for you for the house. If you can't get to something this week or month, make a note and then make it first next time.