

Home Cleaning and Clothing Care

1. Motivation For Cleaning

When encouraging your children in household cleaning, make a game of who can do the task fastest and most accurately. Tell them you will hold an official "inspection" of their work at a certain time (if done incorrectly, they must go back and do it over again). Celebrate when everyone finishes their work! **Levels: 1 2**

2. Chore Charts

Develop a chore chart. Have your child help you think of all the chores that need to be done around the house each week or once a month. After chores are done well and finished, they can be checked off the chart. You may even want to link allowance or special privilege to doing chores. **Levels: 1 2 3**

3. Why Clean?

When developing a list of chores, ask youth about reasons for keeping a house clean (you can find things, it's organized, it takes less time to keep a house clean than to let it get really messy and then have to clean it). **Levels: 1 2**

4. The Right Tool And Supplies For The Job

With supervision, encourage your youth to experiment with using sponges, scrubbers, rags, etc. to clean. Let them try various cleaning supplies to see what product works best. Teach them in steps. First, demonstrate how to use the item, then let the youth try it with your help. Finally, supervise them while they do the work on their own. **Levels: 1 2 3**

5. Cutting Down On Clutter

Use a family "catch-all basket." Keep a basket in a convenient spot. If your child sees something lying around and is not sure where it goes, it should be put in the basket. At the end of the day have everyone help put the basket items away. This helps teach family members where things go and helps the house stay tidy. **Levels: 1 2 3**

6. Cleaning Out Closets

Have youth help you clean out a closet or dresser. Identify which items should be thrown away and which could be given away to charity or taken to a re-sale store.

Levels: 1 2 3

7. Sorting And Washing

Have youth wash a piece of colored clothing with an old towel or sheet, and then describe what happens. Talk about or show the importance of separating light and dark clothing before washing. **Levels: 1 2**

8. Beginning To Do Laundry

Give your child his/her own laundry basket. Have children help you do laundry by measuring the soap and putting it into the washer. Have them fold small items like dish towels and wash cloths, and eventually their own clothing. They can have fun matching their socks and throwing them into the basket! **Levels: 1 2**

Tip

One way to motivate kids to help with the laundry is to let them keep any change they find in the washer or dryer.

9. More Practice Doing Laundry

Introduce your youth to the idea of doing laundry by showing them the different settings, and then letting them wash a load of clothing on their own. **Levels: 2 3**

10. Using A Laundromat

Take your youth to a laundromat to do a load of wash. Show them how to use the machines and let them wash a load of clothes on their own. **Levels: 2 3**

Home Safety and Repairs**1. Maintaining Smoke Detectors**

To explain the importance of fire prevention, have your children help replace batteries in smoke detectors. **Level: 1** With older youth, have them be responsible for replacing batteries on a regular schedule. **Levels: 2 3**

2. Fire Safety

To teach children about fire safety, hold mock fire drills. Draw a house plan and decide

the best way to get out from each room in the house. Decide where to meet once everyone is out of the house (a neighbor's house, in front of a particular tree). **Levels: 1 2 3**

3. First Aid/CPR

Using the child's dolls, teach basic first aid. **Level: 1** When they are older, youth can go to first aid and CPR classes. **Levels: 2 3**

4. Emergency Kits

Have your children help pack an emergency kit for the car and one for the home. Discuss what to include in each (e.g., flares, flashlight, first aid kit). **Levels: 1 2**

5. Using Tools

Show younger children how to use tools by starting with toy tools. **Level: 1** If a picture needs to be hung, have your children help you decide where to hang the picture, measure to make sure it is even, and hammer a nail into place. Have them watch, then assist with simple home repairs like replacing a light bulb, plunging a toilet, etc. **Levels: 2 3**

6. The Importance Of Insurance

Have your youth help you complete a "home inventory." Use a pen and paper, a camera, or a video camera to record the items in each room of your house. Use the opportunity to talk about the value of homeowner's or renter's insurance to help you replace these things if they are lost, stolen, or destroyed. **Levels: 3 4**