Cleaning

It is important to keep your home clean and hygienic. You should try to clean each room once a week.

It may help to create a cleaning schedule so that you can allocate yourself a few cleaning tasks each day. Or you may prefer to set aside one or two days a week when attack the cleaning in one go.

You can find an example of a cleaning schedule that you can complete here:

http://moneysavingmom.com/wp-content/uploads/2010/11/generic_cleaning_list_set.pdf

Here is an example checklist of weekly cleaning tasks:

Bathroom

- Check supplies, such as cleaning supplies and toiletries, to restock or replace if needed
- Change towels
- Clean toilet, sink, bath, shower stall walls, toothbrush holders, and mirror
- Mop floors
- Empty rubbish bins

Kitchen

- Check supplies, such as cleaning supplies to restock or replace if needed
- Clean out refrigerator/freezer of old food
- Wash up dishes, dry and put away.
- Wipe down and clean all kitchen surfaces, including countertops, stove and other appliances, sink, outside of refrigerator, and kitchen table
- Mop floor
- Empty rubbish bins (will most likely need to do this more frequently in the kitchen than just once a week)
- Wipe down any spills or splatters on the kitchen rubbish bin and/or recycling bins
- Flush kitchen drain with boiling water

Bedrooms

- Tidy and put away things like clothes and hygiene products on surfaces and floors
- Clean floors by vacuuming, sweeping, or damp-mopping
- Empty rubbish bins
- Change bed linens
- Dust

Other Rooms

- Tidy away items that are not in their correct places
- Clean floors by vacuuming, sweeping, or damp-mopping

- Empty trash cans
- Dust

Other Weekly Chores

- Menu planning
- Create shopping list
- Create non-food shopping list
- Weekly shopping for food and non-food items
- Odd jobs

There are also daily tasks you can do to minimise clutter and dirt during the week:

Daily House Cleaning Schedule

- Put away dirty clothes in laundry baskets
- Wipe down bathroom sinks and tubs after each use
- Prepare meals
- Clean up kitchen after meals, including both dishes, pots and pans, and a quick wipe of the counter and sweep of major crumbs on the floor
- Sort the post
- Put things back in their proper place (also known as neatening or tidying)
- Empty rubbish bags in high traffic areas, such as the kitchen
- Make beds

Make a note of the day of the week on which your rubbish is collected and be sure to put your rubbish out the day before and, if you have a wheeled bin, wheel this on to the pavement where it can be collected. Then, after the rubbish has been collected, be sure to wheel it back off the street.

Recycling is generally collected on a fortnightly basis. Again, it is important to make a note of the days on which your collection takes place so that you can put your recycled waste out in plenty of time for collection.

As well as cleaning your home, it is important to open windows during the day to let out stale and moist air. This is particularly important in rooms where steam is generated such as bathrooms and kitchens. Failure to open windows could result in damage from damp, condensation and associated mould.