

Spring Cleaning Tips to Get your House in Tip-Top Shape!



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Introduction

Spring has finally sprung, bringing with it warmer temperatures, sunny days and the promise of Spring flowers, spring fever and Spring cleaning. What? You mean I have to clean?

What is it about spring that makes us want to clean? For me, it is the perfect time to go through my house, clean out the clutter that has accumulated over the winter and give my house a good cleaning from top to bottom and I'm sure many of you feel the same way!

It's time to get up, get your supplies ready and get cleaning, because once summer hits you aren't going to want to spend the time indoors having to clean.

Let's get started!



Cleaning Tools to Make the Job Easier

We all have our own tried and true cleaning tools that we use when we do our everyday cleaning but there are some tools that make the job of Spring cleaning easier.

- An assortment of rags--these don't have to be anything fancy. Old cut up t-shirts or dingy washcloths can do the trick, just make sure you have enough of them.
- Cleaning solutions like toilet cleaner, floor cleaner, glass cleaner, furniture polish
- A toilet cleaning brush or a sponge just for cleaning your toilets
- A broom, dustpan, wet mop and bucket
- A vacuum

Mom Tip

If your house is anything like mine, make sure to clean out your vacuum before beginning to get out any clogged up hair or small toys (anyone else vacuum up small Lego's?)

Keeping It Natural

If you would prefer to clean without using harsh chemicals found in traditional cleaning supplies than you are in luck.

Tips for Using Natural Cleaning Solutions:

1. Vinegar: For years vinegar has been the cleaning choice of many moms who don't want to use harsh chemicals in their home.

Pros: No harsh chemicals, easy to obtain

Cons: That vinegar smell

2. Natural products from traditional companies: Many companies have finally realized that many moms don't want to use traditional cleaning supplies in their home and have turned to more natural products in their cleaners.

Pros: No harsh chemicals, easy to obtain

Cons: Price

3. Use Essential Oils to Clean: That's right, essential oils are so much more than just things that make your house smell better. You can also use them to clean, much like you would vinegar, but it smells a whole lot better! When you use something like Thieves Household cleaner you can use this all purpose cleaner on any surface of your home for dusting, spot cleaning, scrubbing or any other cleaning need.

Pros: you can get a deep clean without dangerous or synthetic ingredients and can use one product for multiple cleaning uses.

Cons: You need to order it in advance.

*If you are interested in learning more about Essential Oils and how you can use them in your home please email me at nepamom@hotmail.com or [click here to be taken to my Essential Oils page](#).



The Plan of Attack

Before you begin, you need to decide if you are going to try and do the entire house all at the same time--like over the course of a weekend-- or are you going to do it over the course of a few weeks.

Many people try to do all their Spring Cleaning at one time but that never works for me. With my busy schedule I find it easier to have a list of things that need to be accomplished and to then do one thing on my list each day. If I am feeling really motivated I might do two or if life gets in the way and I miss a day then I don't feel overwhelmed.

SPRING CLEANING CHECKLIST



____ Deep clean your bathrooms. Wipe down the walls and baseboards, particularly around your toilet. Clean your toilet and sinks, wipe the mirrors, clean any window treatments and do the floors

____ Clean out any of your junk drawers. Clear out that clutter!!

____ Clean out your purse and wallet.

____ Grab a wipe and a cloth and wipe down all electronic devices in your house.

____ Pick a wall in a high traffic area and wipe it down.

____ Clean out your car! Wash the outside and vacuum everything inside.

____ Deep clean your living room. Clean under your couch, find all that change lurking between your couch cushions, dust your furniture, vacuum really well, wipe your baseboards and do whatever else you need to do to make the room shine.

____ Do a full wipe down of your kitchen walls and kitchen table and chairs. Make sure to clear the clutter from your kitchen countertops and wipe them down as well.

____ Clean and wipe down all ceiling lights and wipe down/vacuum all lamp shades.

____ Wipe down all ceiling fans.

____ Clean out your bathroom cabinets and linen cabinets. Get rid of anything that has been there too long, take note of what you need to restock and wipe out the bottom of your cabinet and drawers.

____ Clean the inside of your windows. Grab your glass cleaner and get started.

____ Head to your Master Bedroom and clean out the clutter, put away the laundry, dust and wipe down mirrors. Strip off your bedding and wash it, flip your mattress and vacuum the entire room, including under your bed.

____ Clean out your fridge and get rid of any food that has been there too long. Make a mental note to use up any leftovers soon. Pay special attention to your condiments and check the dates for everything. Wipe down all shelves and drawers.

____ Wipe down the outside of all your kitchen cabinets. Get out the cleaner and really wipe them down well.

____ Clean with a damp cloth or clorox wipe all the light switches, door handles and drawer pulls in your house.

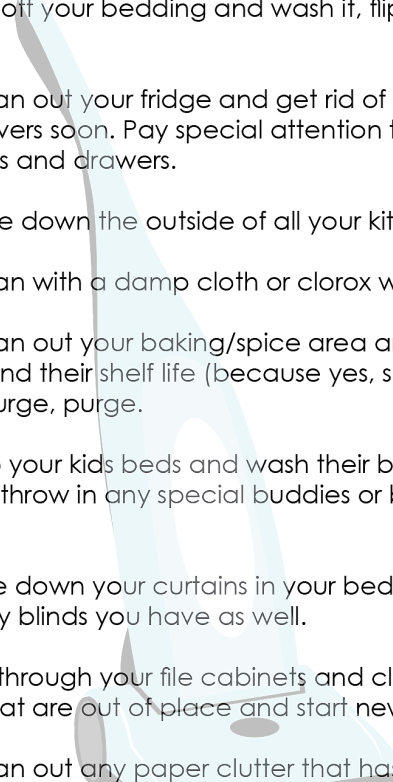
____ Clean out your baking/spice area and get rid of anything that you don't use anymore, any spices that are beyond their shelf life (because yes, spices do go bad!) and organize the area. Wipe out the shelves and purge, purge, purge.

____ Strip your kids beds and wash their bedding, including sheets, pillows and blankets. While you are washing bedding throw in any special buddies or blankies your kids have as well. Flip those mattresses while you are at it!

____ Take down your curtains in your bedrooms and bathrooms, shake them outside and wash if needed. Wipe down any blinds you have as well.

____ Go through your file cabinets and clean them out. Get rid of any clutter that has accumulated, refill all folders that are out of place and start new folders for items that need it.

____ Clean out any paper clutter that has accumulated in your home. Go through your kids toys and discard any that are broken. Pack up any that haven't been played with lately and either donate them or put them away in totes and store them in your attic or basement.



Kitchen

- ☐ Clean out refrigerator and wipe down
- ☐ Clean out pantry, checking expiration dates
- ☐ Wipe counters
- ☐ Wipe cabinets with a damp cloth
- ☐ Wipe down all walls and baseboards with a damp cloth
- ☐ Wipe down all appliances and scrub interiors as necessary
- ☐ Dust blinds
- ☐ Remove window coverings and wash, iron and rehang
- ☐ Wash windows
- ☐ Replace light bulbs with LED lights and wipe down light fixtures
- ☐ Wipe all outlet covers and light switches with a damp cloth
- ☐ Mop floor

Bonus job: Empty out cabinets and vacuum to remove crumbs

Dining Room

- ☐ Wipe down all walls and baseboards with a damp cloth
- ☐ Clean the inside and outside of the China cabinet
- ☐ Dust blinds
- ☐ Remove window coverings and wash, iron and rehang
- ☐ Wash windows
- ☐ Replace light bulbs with LED lights and wipe down light fixtures
- ☐ Wipe all outlet covers and light switches with a damp cloth
- ☐ Mop or vacuum floor

Living or Family Room

- ☐ Remove all clutter
- ☐ Wipe down all walls and baseboards with a damp cloth
- ☐ Clean ceiling fan
- ☐ Dust blinds
- ☐ Dust all electronics, including game systems and television
- ☐ Wipe down all remotes and game system controllers
- ☐ Remove window coverings and wash, iron and rehang
- ☐ Wash windows
- ☐ Replace light bulbs with LED lights and wipe down light fixtures
- ☐ Wipe all outlet covers and light switches with a damp cloth
- ☐ Vacuum fabric furnishings such as chairs and couch
- ☐ Vacuum floor

Bonus job: Steam clean your carpets.

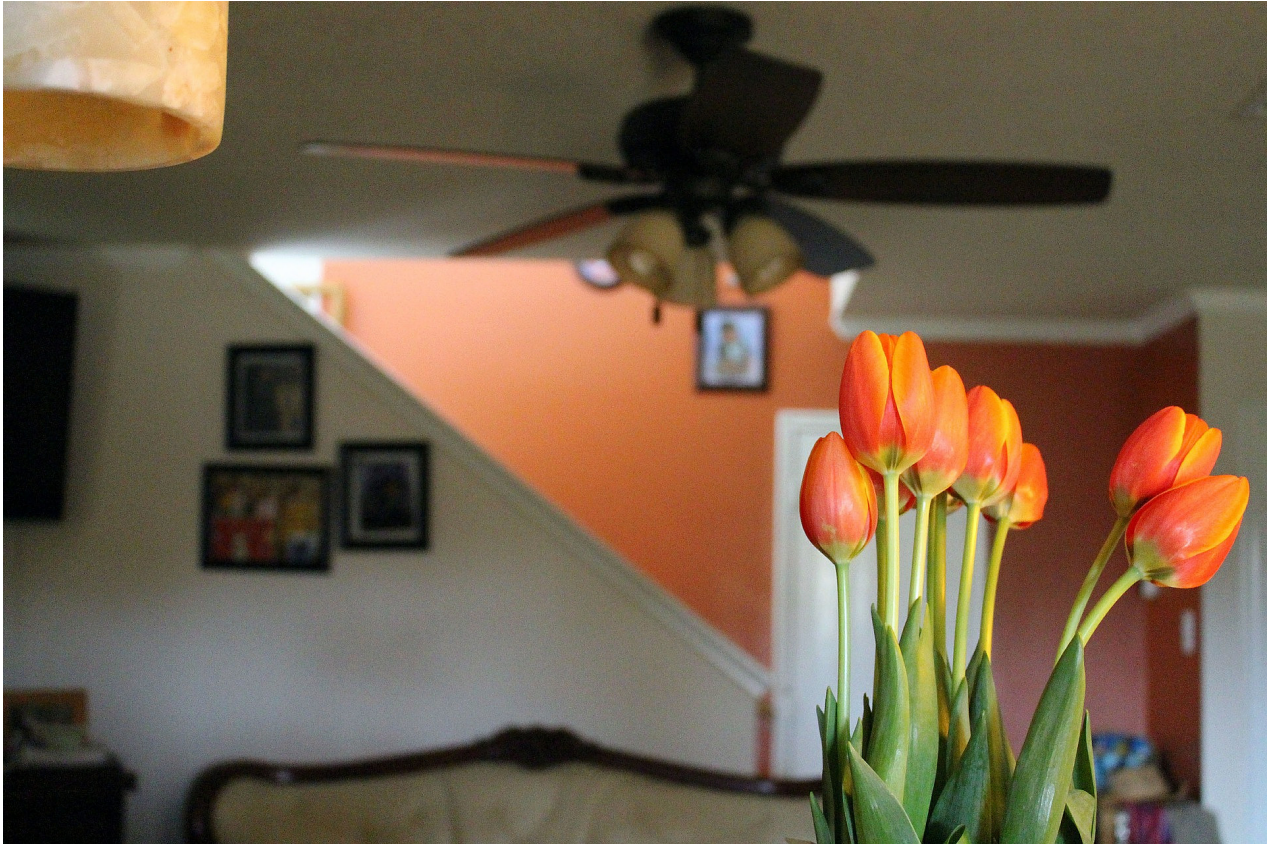
Bedroom

- ☐ Remove all clutter
- ☐ Wipe down all walls and baseboards with a damp cloth
- ☐ Clean ceiling fan
- ☐ Dust blinds
- ☐ Dust all electronics and television
- ☐ Wipe down all remotes
- ☐ Remove window coverings and wash, iron and rehang
- ☐ Wash windows
- ☐ Replace light bulbs with LED lights and wipe down light fixtures
- ☐ Wipe all outlet covers and light switches with a damp cloth
- ☐ Vacuum fabric furnishings such as chairs
- ☐ Remove all bedding and wash
- ☐ Vacuum floor

Bonus job: Clean out your dresser drawers and closet. Donate all clothing that no longer fits or is no longer your style. You will love the extra room!

Bathroom

- ☐ **Wipe counters**
- ☐ **Wipe cabinets with a damp cloth**
- ☐ **Clean out cabinets and wipe with a damp cloth**
- ☐ **Wipe down all walls and baseboards with a damp cloth**
- ☐ **Clean toilet**
- ☐ **Clean shower/tub**
- ☐ **Dust blinds**
- ☐ **Remove window coverings and wash, iron and rehang**
- ☐ **Wash windows**
- ☐ **Remove shower curtain and wash well**
- ☐ **Wash all towels in hot water**
- ☐ **Replace light bulbs with LED lights and wipe down light fixtures**
- ☐ **Wipe all outlet covers and light switches with a damp cloth**
- ☐ **Mop floor**



After you are done Spring Cleaning-- Tips for keeping it clean.

Some days I feel like I could spend all day cleaning up messes, thankfully, I have come up with some tricks to stay on top of messes so I don't feel like all I do is clean.

The key for me is to make sure I stay on top of things and do a little each day to keep the house from getting too messy and too dirty, otherwise I find that I just get stressed--and no one wants a stressed out mommy!

I have developed a list of **5 Minute Cleaning Tips** that works for me to stay on top of the mess and I hope they work for you too.

5 Minute Cleaning Tips for Busy Moms!



Bathroom

1. Wipe down sink
2. Clean bathroom mirror
3. Use a wipe or wet sponge to wipe down toilet seat and rim
4. Give the toilet a quick clean with toilet cleaner and a brush



Kitchen

1. Clear clutter from countertops
2. Wipe down sink
3. Wipe down stovetop, microwave and the outside of the refrigerator and dishwasher to remove any streaks
4. Sweep floor and spot clean any drips



Living Room

1. Clean up toys
2. Straighten up surfaces like your coffee table or TV stand
3. Straighten couch pillows and fold blankets
4. Sweep or Vacuum floor



Bedroom

1. Make bed
2. Put away clean clothes
3. Straighten up dresser and night stands
4. Sweep or vacuum floor



Tips!

If you are in a hurry put everything in a reusable grocery bag to go through later!

Light a candle or diffuse essential oils to freshen up the room!

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