



HOME FAMILY CARE AWARD



PROJECT: CLEAN YOUR HOUSE

GOALS

A. COMPLETE CLEAN: Clean your house with dusting, polishing, vacuuming, and basic cleaning.

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Your parents have spent countless hours cleaning up after daily family activities. What if *you* came to save the day? Surprise your mother for her birthday, get the entire family to pitch in for a cleaning day, or just learn the basic skills of how to clean the house.

CLEANING SAFETY TIPS:

- Due to toxic chemicals present in many cleaners, use gloves and have an adult help you select cleaning products.
- Open the windows if possible to provide ventilation.
- Don't use bleach unless supervised by an adult.
- Wear old clothes that can become soiled.
- Do not ingest (swallow or breathe in) any chemicals or spray them near anyone.

For more information about creating a chore system for the family, see **Family Care: Doing Chores**. Please share the following cleaning steps with the whole family.

Step 1—Dust

Remove dust from bookcases, tops of furniture, picture frames and more.

- Use a dusting spray and a rag to wipe down furniture. You can also use a damp rag on most surfaces (for nicer wood surfaces, see below), but some streaking may result.
- For finished wood surfaces, use a product like Murphy's Oil Soap or a wood cleaner on a rag or old t-shirt. Pour a little bit on the rag and use to wipe. Read directions on back of bottle. This will help keep your wood surfaces looking great! To make your own **homemade dusting spray** for finished wood surfaces, see below.

Homemade Dusting Cleaner

- 1 cup white vinegar
- ½ teaspoon olive oil
- 3 cups water
- mix in a spray bottle and use! Add a drop of lemon juice for scent.

Step 2—Sweep & Mop

- Grab a broom and dustpan and sweep any room with hard floors. For tile or linoleum floors, you will mop as well! Sweep everything into piles, then sweep the piles into the dustpan.

- Grab the family mop (sponge, rag, Swiffer, etc) and a bucket. Choose your cleaner:
 - *Vinyl tile, linoleum, ceramic tile:* Clean with ½ - 1 cup of vinegar to each gallon of hot water. Towel dry for the best shine.
 - *Stone tile:* Add a small amount of dish soap to a gallon of hot water.
- Dip your mop in the solution. Make sure you work your way backwards so you don't get footprints on the floor. Let the floor dry!

□ Step 3—Vacuum

- Use a vacuum to clean all carpeted areas, and possibly wooden floors or tile areas depending on the vacuum. Ask for permission, then get started!
- First, plug in the vacuum and unroll the cord so you have room to move.
- Vacuum back and forth across the carpet or surface, making sure not to miss the edges. Move small furniture temporarily as needed.

□ Step 4—Clean Windows and Mirrors

- Use paper towels or rags and a window cleaner to clean your mirrors and windows (make your own solution of equal parts white vinegar and water).
- To avoid streaking, change out towels as they become damp.

□ Step 5—Disinfect Surfaces

- Use disinfectant wipes, an all-purpose cleaner, or a bathroom surface/tile cleaner with a non-abrasive rag. Wear gloves.
- For surfaces that hold food, such as the kitchen counter, use a kitchen counter top spray (or make your own solution of equal parts white vinegar and water).

□ Step 6—Put Things Away

- If you see things that belong to other family members, take the items and put them in a box to the side or set the items in one spot to sort and put away.

RESEARCH MORE

- *sheknows.com*
- *goodhousekeeping.com*
- *House Works: Cut the Clutter, Speed your Cleaning and Calm the Chaos* by Cynthia Townley Ewer
- *Zone Cleaning for Kids: Clean n' Flip* by Jennie von Eggers, et al.

*My child has successfully completed the Project Goals for the topic—**Clean Your House.***

Adult Signature: _____ Date: _____

(Complete SIX projects to earn your FAMILY CARE award)