



Spring Cleaning: A Family Event

Spring cleaning can be fun.

Get your family involved!

Make it a family event.

Having your children help will teach them valuable lessons about responsibility. It's never too early to get the younger ones involved either.

Here are a few ideas for including everyone in the spring cleaning of your home:

Make a Plan: Talk things over with family and divide the chores. Older children can do more, such as sweeping, folding clothes, or doing the dishes. But remember to keep the little ones involved.

For example, have your toddlers pick up things that are lying around.

Make sure everyone knows their task, create a chore chart.

For your toddler or pre-school age child, use pictures to indicate what their chore is.

Have a Schedule: Set aside specific times and days for cleaning.

Keep in mind that it's important to be flexible. There are other family events that may come up that require you to reschedule your "cleaning days."

If a specific day doesn't work for your family, divide the tasks throughout the week.

Example: Monday is laundry day, Tuesday is dusting day, Wednesday is...and so on.

Work Together: When your children see you working just as hard as they are, they may be less likely to see the event as a boring chore or a form of discipline.

When everyone is working together, the job will not take as long.

Make it Easy on Yourself: Take small intervals of time during the week to do little tasks that will make cleaning day easier.

Before bath time or bed time have your child pick up his/her toys and put them away.

Another option is to place "collecting" tote boxes in several rooms in the house. When someone sees something that's out of place, that person should pick it up and put it in the tote box. At the end of the week, take the tote boxes, remove the items and place them into the appropriate rooms.

Don't Forget the Fun: Make sure children understand the importance of their responsibility in doing chores, but it never hurts to make the chores fun.

Listen to music while you work and 'crank up the tunes'.

For the younger ones, create a "cleaning" song and sing it during chores.

It's ok to be silly and have fun, it may help in getting the work done.

Saying Huy ch q'u is Important: Once the cleaning has been done, don't forget to thank your helpers. Whether you write 'thank you' notes or take them out for a special treat, letting your child know you appreciate his/her help will show them you recognize the contributions they are making to the family.



A Breath of Fresh Air

Ventilation supplies fresh air to your home and dilutes or removes stale air. There are many things that you can do to allow your home to have fresh air.

For example:

- ⌘ Opening windows to air out your home
- ⌘ Turning on the fan over the kitchen range when cooking
- ⌘ Turning on the fan in the bathroom removes odors and moisture
- ⌘ Chimneys, which remove combustion gases
- ⌘ Clothes dryers properly vented

Ventilation Problem Signs

You may already know if you have a ventilation problem.

Do you notice the sour smell of garbage from a trash can; a musty smell coming from the bedroom walls; or mold or mildew in closets, or on ceilings or exterior walls?

Is there condensation on the inside of your windows?

Are your eyes irritated when you're at home?

These conditions are signs of poor ventilation.

