

Spring Clean... Not just an old wives tale!

Well, here it is Spring time and your house is a wreck. Winter has blown through and destroyed your home with the harsh reality of a West Texas wind storm. In winter, it rains, the wind blows, it snows, and it is just plain cold. The weather and the remnants of it (mud, dust, and dead vegetation) leave behind many spring projects needing to be done. Think about these areas of your home that will need attention this spring and follow these easy ways to tackle those jobs with less hassle!

Get prepared. First wear comfortable clothes that can get ruined and gather the following supplies:

- Good mop and broom, bucket
- Goggles & gloves to protect you from strong chemicals
- A duster with an extension, step stool
- Fabric cleaning rags, sponges, scrubbing pads, old toothbrush, butter knife, and a whisk broom
- Cleaners a little stronger than the ones you use each week (i.e., CLR, bleach, etc.)
- Paper towels, disposable heavy duty rags
- A large carry all (plastic tub, tote with a handle, bag, laundry basket, etc.)
- Put all supplies in your carry all and your ready to **spring clean**.

Next, make a plan. Decide what order to clean, for example, kitchen, bathroom #1, kid bedroom, etc. Write it down (if you don't you may re-clean an area or forget where you left off) and be sure to mark it off as you go. This will make you feel accomplished and successful. Set aside time to work on Spring cleaning throughout the month. DON'T try to do it all in one day. Plan a reward (my favorite part) to give yourself once it is all complete. Write this reward DOWN on the top of the list you just prepared! This will serve as a great motivator.

“When the whole task looks too big, remember that we can do only one little piece at a time.” Unknown

Spring Cleaning Ideas for each room:

Kitchen- A clean kitchen makes your whole house seem cleaner

- * Rotate and run dishes & flatware that have gathered dust through dishwasher
- * Wipe down cabinets with Clean up wipes or dust them with a wood cleaner
- * Clean out and organize cabinets throwing out any expired food or unused items
- * Clean out the fridge, wiping it down inside and out

Bathrooms- These busy rooms can build up bacteria if not thoroughly cleaned.

- * Clean out and organize drawers and cabinets
- * Throw out old medicine, old bath toys, and any unused items
- * Wipe down cabinets inside and out. Maybe dust or oil them if they look dingy
- * Clean mirror, sink, toilet, tub, shower, facets, and floor. Focus on any stains or extra dirty spots.
- * NOW is a great time to replace ICKY toothbrushes, make-up, lotion, towels, etc.

Closets- When in doubt, throw it out!

- * Clean out clothes that are too small or will be by fall (especially for kids)
- * Get rid of shoes you do not wear, you need the space for new summer sandals
- * Throw away excess hangers or broken ones
- * Move summer clothes to front, winter to back or storage

Spring Cleaning is not some old wives tale! It can be done, but the key is to break it down into smaller chunks so you do not get overwhelmed. Bribe those in your house to help by setting a reward for them too. It won't kill them even if they act like it might. In a few short weeks your house will be sparkling and ready for a fun and relaxing summer. Sandals and all!