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SP459-A Household Cleaning - Develop a Plan for Cleaning

The University of Tennessee Agricultural Extension Service

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Develop a Plan for Cleaning

How often a home needs cleaning depends on the size and age of the house, its location, the season of the year, the size of the family and ages of its members, the number of pets, the type and style of furnishings, and the kinds of work and leisure activities the family does at home. Homes need cleaning more often when the family is large and does many things at home.

When planning your cleaning, remember that some cleaning jobs need to be done more often than others.

- Every day or every other day.
- Once a week.
- As needed.
- Seasonally (when a new season begins).
 Remember to allow time for unexpected cleaning needs.

Do These Jobs Every Day

Kitchen

Wash dishes
Wipe counter tops, range and appliances
Clean sink
Empty garbage
Sweep or damp-mop floor
Clean table after every meal

Living Room

Tidy up

Put away or throw out papers and magazines

Bathroom

Clean sink and tub Replace dirty towels Empty wastepaper basket

Bedroom

Make beds Put away clothes Straighten dresser tops and accessories

Do These Jobs Every Week

Kitchen

Dispose of left-over foods
Clean refrigerator (a good time to do this is the day before you do the weekly shopping)
Clean floor
Clean garbage pail

Living Room

Clean floors and rugs Dust and/or polish furniture Dust and clean lamps and other decorative objects Clean spots from walls, woodwork and furniture Empty wastepaper baskets

Bathroom

Wash floor

Clean toilet bowl

Wipe tile surfaces

Clean mirrors

Clean toothbrush holder and other fixtures

Bedroom

Change sheets and pillow cases Clean floors Dust furniture Empty wastepaper basket

Do These Jobs As Needed

Kitchen

Clean range top, burners and oven Clean cabinets, drawers and other storage areas

Clean and wax floors

Clean window sill, frame and glass

Wash curtains

Clean walls, woodwork and ceiling

Defrost refrigerator

Living Room

Move and clean under furniture Clean walls, woodwork and ceiling Clean furniture, light fixtures, lamps, pictures and appliances

Bathroom

Clean walls, woodwork and ceiling Wash bathmat, bathroom rug, curtains and shower curtain Clean light fixtures

Throw away old medicines and empty bottles Wash inside medicine cabinet

Bedroom

Clean walls, woodwork and ceiling Clean and organize closets and dresser drawers Clean furniture, light fixtures, mirrors and pictures

Wash windows, curtains, mattress cover and bedspread

Move and clean under furniture

Do These Jobs Seasonally

Clean closets thoroughly
Put away seasonal clothes and bedding
Store holiday decorations, sports equipment
and other seasonal items
Store outdoor furniture
Clean screens

Follow Your Plan

- Put it on the wall so everyone can see it
- Let family members change jobs now and then
- Be sure to include occasional or seasonal jobs

Keep all cleaning products away from young children.

This factsheet was originally developed by Nayda I. Torres, Associate Professor, Family and Consumer Economics, Institute of Food and Agricultural Sciences, University of Florida. The material has been adapted for use in Tennessee by Martha Keel, Associate Professor, Family and Consumer Sciences – Housing and Environmental Health.

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