

Household Cleaning



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, Professor, Family and Consumer Sciences – Housing and Environmental Health.

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