

## **BEDROOMS**

**IMPORTANT REMINDER FOR EACH ROOM/AREA YOU DECLUTTER/CLEAN...** If you haven't needed it, worn it, looked at it, or used it in a year (6 months if you really want to be ruthless) than **GET RID OF IT!** Quit keeping them *INCASE*... Jesus may come back before you use them, so bless someone else and give them away!

Before beginning, make sure you have a:

- "KEEP" box (to go through after you're done with the room)
- "THROW" bag
- "BLESS" bag (for garage sale or to give away)

Keep those words in mind while you're cleaning/de-cluttering/organizing each room! "Keep, Throw, Bless"... MEMORIZE THEM... TAKE THEM TO HEART... THEY ARE YOUR FRIEND! (Tee hee...)

To make sure you have as little interruption as possible, the following ideas are helpful as well:

- have your phone in your cleaning kit (so it doesn't get lost) or let the answering machine get it (which is what I would suggest so you don't get stuck talking on the phone!)
- have water to drink (you could have little water bottles for the kids too if they're helping)
- music to get ya movin'
- your organizer with the "To Do" List filled out so you can be checking things off as you go

Okay... after you've done that, it's time to get cleaning! The following is a list of ideas that might help in cleaning all the bedrooms (guest room or kids' room):

- Begin by taking a picture of the room before you get going... seriously... TAKE A PICTURE! This will be evidence... um, I mean, this will be an encouragement when you're done and you see what you've accomplished!
- Start in the furthest corner of the BEDROOM. Begin the "bulldozing" process, top to bottom (or whatever method you choose... the bulldozing process is simply moving through the room like a bulldozer... starting at the top and working your way to the floor in continually moving to the doorway putting things in the designated Keep, Throw, Bless boxes/bags).
- Get any cobwebs or dust bunnies off the ceiling, ceiling fan, or light fixtures. This might be the time you decide to wash the light fixtures as well. (Bugs are NOT supposed to be in there by the way... did I just reveal something?...)
- Do the curtains need washing? Take them to the washing machine if so and get that load going while you continue to clean. (*Note: MAKE SURE THAT YOUR CURTAINS/DRAPERY IS WASHABLE! The first time I did mine, they shrunk about an inch!*) If you have blinds, what do they look like? Taking them down and washing them either outside or in the tub is an easy way to get them clean. They can just sit in there and soak. A sponge should get them clean by just wiping. Don't forget to rinse them.
- While you have the window treatments down, wash those windows and window sills (trim work).
- While you're washing, take the bedding off as well... ALL of it. Sheets may get taken care of on a regular basis, but now is a great time to do it all! If you're having great weather, hanging them

on the line is a “special treat”! They’ll smell so fresh, plus it will help you get it all done in a day... remember, they’ll need to go to bed tonight if it’s the kids’ room! If you have any decorative pillows on the bed and they’ve seen better days, either add some stuffing to bring them new life or get rid of them.

- Do the walls need any touch up paint, or can you just wash the little handprints off? Don’t forget the switch plates as well.
- Dust or clean (using cleaner) any wall hangings or shelving in the room.
- We’re on to the closet... (YOU CAN DO IT!)
  - Get your “Keep, Throw & Bless” boxes/bags ready! Be ruthless! How many outfits do you children NEED? If you find that you’re always behind in the laundry, maybe it’s time to re-evaluate the amount of clothing that’s in your children’s closet. I know that for me, I find myself doing even more in the summer (with swimming and running through the sprinkler) that having a few more swimsuits and less clothing was a better investment for me. Think about what your child really NEEDS for clothing, and remember that they are learning from you as well. What will they grow up desiring in their own closet?
  - Make sure everything they have in the closet, they wear. An “occasional” outfit is fine, but how many things are in there that don’t ever get worn? Bless someone else. (Remember, just because something is on sale, doesn’t mean you have to buy it! Don’t add to the clutter of the closets. Decide what you want to keep, and then if there’s something you buy or gets bought for the child, then make sure you take something out again)
  - Take a look at their shoes as well. Do the same thing with them.
  - If there’s “seasonal clothing” that needs to get put away, then do so.
  - As you go through your clothing items, make a list of things you need as well (for example, under garments or socks that are worn).
  - Don’t forget to wash the outside of the closet doors as well.
- Dresser(s) or vanity:
  - Follow the same steps as your closet. Take one drawer at a time (now is a great time to add any “scented paper” to the bottom if you like). Take everything out and then put back whatever you’re keeping... neatly.
  - After you’ve gone through all the drawers, dust/polish your dresser or vanity.
  - Wash the mirror (or any others in the room) as well.
- Time to get down and dirty... move that furniture and clean out underneath! Your bed should not be a “catch-all” for things under it! There are wonderful storage bins to fit under beds. If you need a place to store extra blankets, toys, etc. then these can be a wonderful thing to keep things under control under their beds!
- Wipe/wash the trim work (baseboards) off (a great job for the kids as well!).
- If there’s a rug, then take care of that... do you need to take it out to shake, vacuum or shampoo it?
- Don’t forget your vents. Depending on what kind you have, do you need to take the hose to them and vacuum them out?
- Finish by vacuuming (or washing/scrubbing your floor if you have hardwood).

- Dust/polish your headboard/bunk beds and then put your bedding back their beds (this is a great time to teach your children how to make their beds “from scratch”).
- Wash the door to their room.
- (If you’re cleaning a spare/guest bedroom, take a moment to think about adding little touches to make a guest feel welcome in your home. If you were visiting, what are some things that you would appreciate?)
- Once you’ve finished the room, take your “KEEP, THROW, BLESS” bags and boxes out. This is important! Put the garbage one in the garbage... DO NOT leave it by the door for later... DO IT NOW! If you’re going to give the “Bless” bag to charity, or something similar, then put it in the vehicle RIGHT NOW! If you plan on having a garage sale, then take it to the garage, and put the “Keep” box in a place where you will go through soon (while watching TV is a great time to do this, or in the evening while the kids are in bed... put some music in and spend time with the Lord talking about the day).
- Take an “after” picture! (I like to light a smelly candle after I’ve cleaned a room. Just an added touch for my husband to walk into when he gets home. Another touch could be flowers too.)
- Step back and pat yourself on the back! Great job! "X" it out on the "**Clean Heart, Clean Home Challenge**" At A Glance Calendar!