

Home Management Hints

Areas to include in your Master Weekly Calendar:

- Meals
- Cleaning
- Laundry
- Errands
- Time for children
- Time as a family
- Time for husband (date)
- Time for yourself (exercise, hobby, relaxation)

Cleaning:

- Pick up the house at the end of each day.
- Keep toys/kid stuff limited in the main areas of house (keep in bedroom).
- Use a bag to collect items that children leave out in the main areas (at some point, have children pay a small amount per item to retrieve their things).
- Shoes off in the house, shoes on when outside.
- Have set days for cleaning: 1 day of full cleaning; 1 day of mini-clean.
- Set up regular times for jobs: weekly, monthly, quarterly, yearly.
- Deep clean one room per week.
- Enlist help from family to clean house (family cleaning time).
- Take time to teach your children to clean.
- Eventually, your grade-schoolers can clean their own room and bath.

Meals:

- Meal plans for the week on Sunday and make grocery list. Always have backup of items you use regularly. Use smartphone app Grocery IQ.
- Have lists of possible meals to choose from.
- Plan meals according to your schedule for that day.
- Set nights for certain types of meals: beef meals, meatless, egg meal, fish, sandwiches or salad, leftover night, fruit and veggie night.
- Meal prep (if any) on Sunday.
- Make double and freeze extra for another night.
- Have kids help with meal prep. Take turns.
- Kids clear plates at end of meal. Rinse/load dishes in dishwasher.
- At end of each meal, start prep for next one.

Laundry:

- Set days for laundry. Keep other days laundry-free.
- No more than 3 days per week for laundry (bigger loads, less often).
- Consider laundry basket in bathroom where kids bathe or some other central place for laundry.
- Possibly have 2 separate baskets to pre-sort laundry (1 light, 1 dark).
- Any special care clothes do not go in the regular laundry baskets.
- Teach kids to help run washer and dryer.
- Laundry folding parties (children come grab, fold, and put away own laundry).
- Set up easy way for kids to put away own laundry (baskets, dividers).

Schedule:

- Plan your week on Sundays. Print off weekly calendar if desire.
- Each night, look at tomorrow's schedule.

Errands:

- Have set days for errands. Wait for those days so not running every day.
- Group errands together.
- As you add an errand to your list, put all items needed for errand running in a spot by the door (returns, receipts, etc.)
- Avoid emergency errands by buying extras of household items and toiletries.
- Eliminate errands and buy online!

Kids:

- Spend time with kids before attacking your to do list.
- Have some individual time with each child as often as able.
- Involve kids in what you are doing as much as possible. It helps you AND them.
- Establish a one-toy-at-a-time standard (put away one toy before choosing another).
- Do regular naptimes or Quiet Time as they outgrow naps.
- Have kids pick up their rooms at end of day.
- Kids help with all-house pick up before Dad comes home.
- Have them choose clothes for tomorrow before go to bed.
- Have reasonable bedtimes for kids and make that the norm.
- Allow time for the bedtime routine. Minimizes call-backs.

Me-time:

- Exercise
- Take a bubble bath
- Read a book
- Catch up with friends
- Work on a hobby
- Do whatever energizes and refreshes you