Spring Cleaning Guide

FROM THE CLEANING AUTHORITY
What is Spring Cleaning?

In the 19th century, Spring Cleaning was started as a way to clean the home after keeping it closed up with fires heating the homes in the cool winter months. This, of course, led to soot and grime accumulating throughout the home during winter. Once it was warm enough for the home to no longer require a fire for heat, it was time to do a good, thorough cleaning. Of course, this is no longer necessary because now homes have heating systems.

So, Why Do We Still Clean in Spring?

While we don’t have to coop up in our homes during the winter months, it is still a common thing to do. People are more sluggish and sleepier in the winter. Plus, there’s less daylight to get things done. With more sunlight, we’re more energized to thoroughly clean the home once spring comes around.
Surprising Benefits of Spring Cleaning

Okay, so I understand why we do Spring Cleaning... But why should I bother with Spring Cleaning?

If a clean, organized home isn't enough motivation for you to get to Spring Cleaning, we understand. But, you may not be aware of some of the side benefits to Spring Cleaning. Check out our list:

**FIND LOST ITEMS**
You're bound to come across at least one thing that you either misplaced, haven't seen in a year, or completely forgot you had! It happened a few times during our favorite show *Tidying Up with Marie Kondo*.

**INCREASE PRODUCTIVITY**
When your home is more organized and rid of clutter, you become more productive and less stressed.

**BE HAPPY**
A clean home is a happy home. No really, it’s science! When you’re done cleaning, you’ll have a sense of satisfaction that will put you in a good mood.

**GET HEALTHY**
A good, thorough clean will help remove allergens from your home that may not be cleaned during your regular cleaning routine.

**MAKE SOME MONEY**
As you clean through some of your clothes and other items, hold onto what is still in good shape. You can sell it online or take it to a local consignment shop.
THE ESSENTIALS

Finish Spring Cleaning in One Day with our Essential Checklist

The idea of Spring Cleaning can be pretty overwhelming. You may not know where to start or what to do versus what not to do. Don’t worry, we’ve got you covered. If you want to get your Spring Cleaning done and over with, check out our list of the essential items to work through.

✔ MAJOR APPLIANCES
They make take up a lot of space in your home, but doing a good cleaning of major appliances can often be overlooked. Take some time to clean them now!

✔ CLEAN YOUR CLEANING TOOLS
It may seem redundant, but the sponges and brushes you use to clean can get dirty, too! If you haven’t done so lately, make sure you clean your favorite cleaning tools.

✔ ORGANIZE YOUR DOCUMENTS
It’s easy to just let “important” papers pile up. Sort through to see what you actually need to keep and get organized.

✔ CLEAN YOUR MATTRESSES
You can simply clean your mattress by vacuuming the surface. Then, spray a spot clean solution on stains, and blot with a hand towel. Make sure you make your bed daily to keep up the just-cleaned look.

✔ ELIMINATE CLUTTER
Go through each room in your home and sort through any clutter. Then, reorganize your belongings. Want to eliminate clutter for good? Check out our list of habits that will help you remain clutter free.

✔ CLEAN YOUR CLOSET
Work through each item in your closet to determine what you want to keep. Once you’re down to the clothes you are keeping, check out our tips to have a perfectly organized closet.

✔ ALMOST DONE...
As a last ditch effort, think about the places in your home that you may not regularly clean and get to it! Need help? We’ve compiled a list of 10 spots you’re probably forgetting to clean.

www.thecleaningauthority.com/blog
IN Volving kids

Don’t Forget About the Kids!

You’ve done your part to get Spring Cleaning done, but don’t forget to make it a family event. Having your kids involved will help to teach them good habits at a young age.

We, of course, know that getting your kids to clean is much easier said than done. But, it doesn’t have to be a hard time! We took some common kids’ tasks during Spring Cleaning and turned them into games the kids are sure to enjoy!

1. ** MAKE IT A RACE **
   No matter what the task is, making anything into a race will always bring out the competitive edge among siblings. Only child? That’s okay… make it a race against a timer instead. Call out “1, 2, 3… GO!” and start the timer. Kids will work quickly to finish the task before their siblings or the buzzer!

2. ** TREASURE HUNT **
   Make a list of items that have wandered into rooms they don’t belong in such as, toys in the living room or shoes left in the laundry room. Present the list to your kids as a treasure hunt. Whoever finds the most items and puts them in the proper room wins!

3. ** FAMILY FASHION SHOW **
   When it’s time to clean through clothes, queue the music (we recommend [this playlist](https://www.youtube.com/playlist?list=PLZVU)) and turn your hallway into a runway for a family fashion show. Let your kids try on all of their clothes to find out what doesn’t fit or what they no longer want. Let them have fun and flaunt each outfit! Then, grab the unwanted clothes and bring them to a local donation center.
### BATHROOMS
- Tile walls, bathtubs, and showers cleaned
- Shower doors cleaned
- Vanity and sink cleaned
- Mirrors and chrome fixtures cleaned and shined
- Floors cleaned and carpets vacuumed
- Toilets thoroughly cleaned
- Window sills, ledges, and blinds dusted
- Cobwebs removed
- Doors and door frames spot cleaned
- General dusting

### SLEEPING AREAS
- Flat areas hand wiped
- Doors and door frames spot cleaned
- Cobwebs removed
- Picture frames dusted
- Ceiling fans dusted
- Lamp shades dusted
- Intricate items dusted
- Heavy knickknack areas dusted
- Window sills, ledges, and blinds dusted
- Clean hardwood floors: vacuumed and damp mopped
- Stairs vacuumed
- Empty closet floors vacuumed
- All readily accessible floors vacuumed

### LIVING AREAS
- Flat areas hand wiped
- Doors and door frames spot cleaned
- Cobwebs removed
- Picture frames dusted
- Ceiling fans dusted
- Lamp shades dusted
- Intricate items dusted
- Heavy knickknack areas dusted
- Window sills, ledges, and blinds dusted
- Clean hardwood floors: vacuumed and damp mopped
- Stairs vacuumed
- Empty closet floors vacuumed
- All readily accessible floors vacuumed

### KITCHENS
- Counter tops cleaned
- Outside of range hood cleaned
- Top and front of range cleaned
- Drip pans or glass top surfaces wiped
- Sinks cleaned and chrome shined
- Fronts of all appliances cleaned
- Floors vacuumed and damp mopped
- Window sills, ledges, and blinds dusted
- Cobwebs removed
- Microwave wiped out
- Doors and door frames spot cleaned
- General dusting

### EVERY TIME WE CLEAN
We provide these services every time we’re in your home.

<table>
<thead>
<tr>
<th>BATHROOMS</th>
<th>SLEEPING AREAS</th>
<th>LIVING AREAS</th>
<th>KITCHENS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tile walls, bathtubs, and showers cleaned</td>
<td>Flat areas hand wiped</td>
<td>Flat areas hand wiped</td>
<td>Doors and door frames hand wiped</td>
</tr>
<tr>
<td>Shower doors cleaned</td>
<td>Doors and door frames spot cleaned</td>
<td>Doors and door frames spot cleaned</td>
<td>Window sills and ledges hand wiped</td>
</tr>
<tr>
<td>Vanity and sink cleaned</td>
<td>Cobwebs removed</td>
<td>Cobwebs removed</td>
<td>Appliances cleaned and shined</td>
</tr>
<tr>
<td>Mirrors and chrome fixtures cleaned and shined</td>
<td>Picture frames dusted</td>
<td>Picture frames dusted</td>
<td>Knickknacks areas cleaned</td>
</tr>
<tr>
<td>Floors cleaned and carpets vacuumed</td>
<td>Ceiling fans dusted</td>
<td>Ceiling fans dusted</td>
<td>Fronts of cabinets hand wiped</td>
</tr>
<tr>
<td>Toilets thoroughly cleaned</td>
<td>Lamp shades dusted</td>
<td>Lamp shades dusted</td>
<td>Baseboards hand wiped</td>
</tr>
<tr>
<td>Window sills, ledges, and blinds dusted</td>
<td>Intricate items dusted</td>
<td>Intricate items dusted</td>
<td>Furniture and upholstery vacuumed</td>
</tr>
<tr>
<td>Cobwebs removed</td>
<td>Heavy knickknack areas dusted</td>
<td>Heavy knickknack areas dusted</td>
<td>Carpet edges vacuumed</td>
</tr>
<tr>
<td>Doors and door frames spot cleaned</td>
<td>Window sills, ledges, and blinds dusted</td>
<td>Window sills, ledges, and blinds dusted</td>
<td>Floors given extra attention</td>
</tr>
<tr>
<td>General dusting</td>
<td>Clean hardwood floors: vacuumed and damp mopped</td>
<td>Clean hardwood floors: vacuumed and damp mopped</td>
<td>Floors given extra attention</td>
</tr>
</tbody>
</table>

### ON A ROTATING BASIS
In addition to the services provided every time, we provide these services on a rotating basis.

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<th>KITCHENS</th>
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<tbody>
<tr>
<td>Doors and door frames hand wiped</td>
<td>Doors and door frames hand wiped</td>
<td>Doors and door frames hand wiped</td>
<td>Inside of range hood cleaned</td>
</tr>
<tr>
<td>Window sills and ledges hand wiped</td>
<td>Window sills and ledges hand wiped</td>
<td>Window sills and ledges hand wiped</td>
<td>Drip pans or glass top surfaces cleaned</td>
</tr>
<tr>
<td>Knickknacks individually cleaned</td>
<td>Knickknacks individually cleaned</td>
<td>Knickknacks individually cleaned</td>
<td>Doors and door frames hand wiped</td>
</tr>
<tr>
<td>Fronts of cabinets hand wiped</td>
<td>Furniture surfaces hand wiped</td>
<td>Furniture surfaces hand wiped</td>
<td>Appliances cleaned and shined</td>
</tr>
<tr>
<td>Baseboards and window sills hand wiped</td>
<td>Baseboards hand wiped</td>
<td>Baseboards hand wiped</td>
<td>Knickknack areas cleaned</td>
</tr>
<tr>
<td>Floors given extra attention</td>
<td>Furniture and upholstery vacuumed</td>
<td>Furniture and upholstery vacuumed</td>
<td>Fronts of cabinets hand wiped</td>
</tr>
<tr>
<td>Floors given extra attention</td>
<td>Carpet edges vacuumed</td>
<td>Carpet edges vacuumed</td>
<td>Baseboards and window sills hand wiped</td>
</tr>
<tr>
<td>Accessible areas under furniture vacuumed</td>
<td>Floors given extra attention</td>
<td>Floors given extra attention</td>
<td>Floors given extra attention</td>
</tr>
<tr>
<td>Accessible areas under furniture vacuumed</td>
<td>All kitchen furniture hand wiped</td>
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<td></td>
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Visit [The Cleaning Authority](http://www.thecleaningauthority.com/blog) to find the location nearest to you and get a free online estimate, then you can get the above tasks off your cleaning list, for good!