

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.

THE BENEFITS

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.

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 OUT YOUR FRIDGE AND PANTRY

Go through your pantry and fridge and check all expiration dates. Throw away anything that is expired. Have non-perishable food you bought a while ago and never used? You should consider donating it. Once everything is cleaned out, it's time to get organized in your [fridge](#) and your [pantry](#).

✓ 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](#).

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!



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!



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!



FAMILY FASHION SHOW

When it's time to clean through clothes, queue the music (we recommend [this playlist!](#)) 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.

PROFESSIONAL SERVICES



Spring Into Cleaning with The Cleaning Authority

While we can't declutter your closets or purge your fridge for you at The Cleaning Authority, we can make spring cleaning easier by helping to keep your house clean all year through our Detail-Clean Rotation System. We'll take care of the following tasks all year, making it easier for you to focus on more of the organizational tasks and less of the deep cleaning when it comes to Spring Cleaning.

When you first hire The Cleaning Authority, we spend the first two cleans fully detail cleaning your home. From there, we continue with a careful system that divides your home into four zones and rotates which is deep cleaned. This system ensures your home gets the level of clean it needs at the right frequency.

EVERY TIME WE CLEAN

We provide these services every time we're in your home.

BATHROOMS

- Tile walls, bathtubs, and showers cleaned
- Shower doors cleaned
- Vanity and sink cleaned
- Mirrors and chrome fixtures cleaned and shined
- Floors cleaned/carpets vacuumed
- Toilets thoroughly cleaned
- Window sills, ledges, and blinds dusted
- Cobwebs removed
- Doors and door frames spot cleaned
- General dusting

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

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

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

ON A ROTATING BASIS

In addition to the services provided every time, we provide these services on a rotating basis.

BATHROOMS

- Tile grouting scrubbed
- Shower door given extra attention
- Doors and door frames hand wiped
- Knickknacks individually cleaned
- Fronts of cabinets hand wiped
- Baseboards and window sills hand wiped
- Floors given extra attention
- Faucets, sinks, and drains cleaned with a toothbrush

LIVING AREAS

- Doors and door frames hand wiped
- Window sills and ledges hand wiped
- Knickknacks individually cleaned
- Furniture surfaces hand wiped
- Baseboards hand wiped
- Furniture and upholstery vacuumed
- Carpet edges vacuumed
- Floors given extra attention
- Accessible areas under furniture vacuumed

SLEEPING AREAS

- Doors and door frames hand wiped
- Window sills and ledges hand wiped
- Knickknacks individually cleaned
- Furniture surfaces hand wiped
- Baseboards hand wiped
- Furniture and upholstery vacuumed
- Carpet edges vacuumed
- Floors given extra attention
- Accessible areas under furniture vacuumed

KITCHENS

- Inside of range hood cleaned
- Drip pans or glass top surfaces cleaned
- Doors and door frames hand wiped
- Appliances cleaned and shined
- Knickknack areas cleaned
- Fronts of cabinets hand wiped
- Baseboards and window sills hand wiped
- Floors given extra attention
- All kitchen furniture hand wiped

- Visit [The Cleaning Authority](http://TheCleaningAuthority.com) 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!