



THE MOMCO
BY MOPS INTERNATIONAL



SPRING CLEANING WITH YOUR KIDS

A guide to getting kids of all ages involved

#1 Make a List

- Make it pretty, fun, exciting! Think poster, markers, and stickers!
- Divide the list into lots of small, age-appropriate jobs. The more items that can be crossed off, the better. It keeps everyone motivated and feeling like progress is being made.

#2 Mark Off Completed Chores

- Create a system to mark jobs complete: crossing off with markers, placing small stickers on the chart next to the completed task (like gold stars), checking a box.

#3 Make It Fun

- Keep it short, not an all-day marathon. Teenagers might be able to work for 2-3 hours. Toddlers will need a much shorter window of time. If you need to do a couple sessions, no worries, you have all spring!
- Blast really fun music.
- Jazz up your workers by singing along to the music or stopping them for a 30-second dance party.
- Be intentional about jumping in and helping your kiddos throughout the cleaning session.
- Get everyone matching bandanas or aprons.
- Provide fun snacks that they don't usually get to eat.

#4 Plan a Reward

- Reward everyone for their hard work - family movie night, dinner out, take them for ice cream, or cold hard cash.

AGE-APPROPRIATE JOBS

AGES 2-3

- Wipe baseboards using baby wipes
- Dust coffee tables, stairs, and window sills with socks on their hands
- Make a giveaway pile of toys

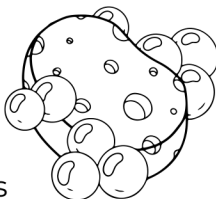


AGES 4-5

- Empty small trash cans
- Match socks
- Use hand-held vacuum where needed
- Bring linens to the laundry room
- Pick up under couches and small spaces
- Wipe down toys with non-toxic cleaning cloth

AGES 6-9

- Strip beds
- Wipe down door knobs and light switches
- Run vacuum
- Take out trash
- Use a Swiffer-type mop
- Match Tupperware and lids



AGES 10-13

- Wash car
- Wipe down cabinet doors
- Wipe out inside of cabinets and drawers and reorganize
- Wipe down bathrooms (save the deep cleaning for someone older)
- Wipe down blinds with a sock
- Clean walls, doors and window frames
- Clean microwave
- Vacuum furniture
- Wash out trash cans
- Sweep hardwood floors
- Clean mirrors
- Remake beds with clean linens



AGES 14 & UP

- Clean inside and outside of the washer and dryer
- Mop floors
- Clean out and organize refrigerator
- Wash windows
- Organize pantry
- Fold clothing

