

# HOW ONE CLEANING STRATEGY *SAVED MY SANITY*



## THE CLEANING GAME PLAN

..... *for* .....  
**BUSY  
MOMS**

by Melissa Russo

# The Cleaning Game Plan For Busy Moms

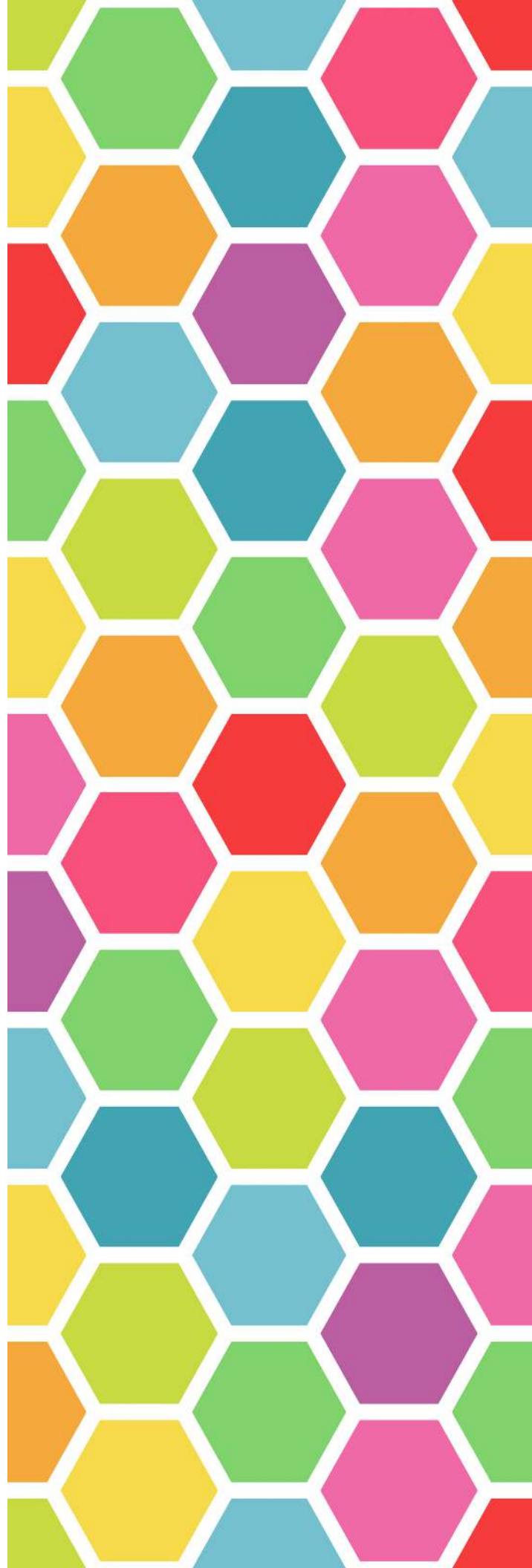
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# THE DREADED "C" WORD

Cleaning....it's an eight-letter word that makes many of us run the other way. But avoiding the situation doesn't help, right? Sorry to say, the laundry, dirt and dust won't just magically disappear.

There is so much to balance between managing your family, work and household chores. Moms do it all! Today I am helping you tackle your household cleaning with some easy tips to follow. While hiring a professional maid to clean your house sounds like a dream, it is not realistic for many of us.

That's why we need a plan.....a *Cleaning Game Plan*. Creating a routine cleaning schedule will not only help you keep your sanity but allow you to focus on more important issues like family.







**Mary Poppins was definitely onto something when she sang,**

“In every job that must be done,  
there is an element of fun. You  
find the fun and snap!  
The job's a game.”

OK, so maybe cleaning isn't fun, but I believe we can all make it bearable by learning a trick or two to make it easier on us.

My Cleaning Game Plan has been so helpful for me and totally saved my sanity throughout various stages of motherhood. I have been using this method for years. It has helped me stay calm, organized and focused on getting small cleaning tasks done each day so the mess doesn't pile up.

*When we let things go, only one thing can happen.*

***We feel overwhelmed, stressed and don't know where to begin. And nobody wants that to happen. We want manageable.***

***We need manageable with the busy lives we lead. And, my friends, that is what the Cleaning Game Plan is all about.***



## A person wearing a white shirt and black overalls is cleaning a wooden table with a yellow cloth. They are wearing yellow gloves. In the background, another person is visible, and there are potted plants. The image is framed by a large, stylized letter 'A' composed of green, pink, and yellow geometric shapes.

100

This equates to about 30-45 minutes of chores each day, not including weekends. Weekends are for family time. So I rarely will do any house chores on Saturday or Sunday, with the exception of an occasional load of laundry now and then.

Another tip that I love to share is get the kids (and husband too) involved. When I was young, it was a given that my mom would hand me a dust rag on “dusting day” or the vacuum when it was needed.. This helps to teach kids cleanliness and responsibility. Plus, they help make the mess, so why not have them help you clean it in an age-appropriate way.

**Check out the printable family chore chart at the end of this guide.**





# Don't Stress The Mess

## A Few Tips Before You Start

You may need to tweak the schedule to fit your lifestyle. It also may take a little to get used to. And that is OK! If you have a bigger home, then you may need to divide the chores by floor and focus that way. I have a 3 bedroom rancher and this is totally doable in a 30-45 minute time frame. Also, work the chores around your schedule.

If it is easier for you to block some time out after work, then that is fine. If you are a stay-at-home mom, work around your kids schedules to find a time that works for everyone. You conquer the cleaning tasks, don't let the cleaning tasks conquer you.

**I have included a printable cleaning game plan checklist within this eBook so you can keep track of what needs to be done. Be sure to print it out to help you along the way.**

# The Cleaning Game Plan

The concept behind the Cleaning Game Plan is to focus on a specific room cleaning task each day. Breaking chores down into smaller achievable daily tasks makes keeping a clean home more attainable and your life much less stressful.

## Monday

**Laundry:** Laundry is the one task that you may need to do more or less, depending on the size your family and amount of laundry your family creates. My biggest piece of advice for laundry is to put it away as soon as it is folded. If you are pressed for time, then make sure you put it away before bed. If not, then you will have more things to do the next day - and "ain't nobody got time for that."

**Clean Kitchen:** I like to clean my kitchen on Monday for a fresh start to the week. We spend a lot of time in the kitchen, especially on the weekend. So it does get messy. I wash the floor, deep clean my counters and wipe down the cabinets and appliances. Another tip is to clean the refrigerator and pantry as you go. Do wait until they look like a cyclone blew through. This falls in line with my "you slop you mop" theory of tidying up or cleaning as you go.

## Tuesday

**Clean Living Areas:** Focus on main living areas on Tuesday. Dust and wipe down the baseboards and any other surfaces. Once the dusting is done, vacuum. My mom always taught me to vacuum last because you can sweep up all the dust and debris from dusting. Clean up any clutter and put things away.

## Wednesday

**Organize Something:** Aside from cleaning up as you go, Wednesday is a light day. But I always pick one thing each week to organize. It could be a cabinet, pantry, drawer or whatever you think needs some tidying up.

**Laundry:** Keep up with any laundry that needs wash and folded.



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## Thursday

**Deep Clean Bathrooms:** This is probably the day most of us will hate, but it's got to be done. Put those gloves on and deep clean the bathrooms. Wash the floors, scrub the toilets and shower, disinfect the counters and straighten the linen closet.

I am a fanatic about a clean bathroom so I always wipe down my sink area each day. Another tip that makes this go faster is to wipe/clean down the shower while you are taking a shower. I know it sounds strange but it works. Also, if you have glass shower doors, buy a squeegee and get into the habit of wiping it down after each shower use.

## Friday

**Clean Bedrooms:** Yay! You have made it to the weekend. It's time to focus on cleaning just in time for a fresh start to the weekend. Wipe down the baseboards. Clean clutter and put away any clothes. Dust furniture and then vacuum each room. I also change all the sheets on Friday's as well. But this works well into my schedule. You can tailor this task as you see fit.

**Laundry:** Keep up with any laundry that needs wash and folded.

## The Weekend

Hooray! You made it to the weekend. Remember, clean up as you go and enjoy some time with your family.





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## MONDAY

- ☐ Clean Kitchen: Floors, Counters, Appliances
- ☐ Wash & Fold Laundry
- ☐ Never Leave The Room Empty Handed
- ☐
- ☐

## TUESDAY

- ☐ Clean Main Living Areas: Dust, Vacuum, Wipe Any Surfaces, Tidy Up
- ☐ Never Leave The Room Empty Handed
- ☐
- ☐
- ☐

## WEDNESDAY

- ☐ Organizing Day: Organized one thing/area in your house.
- ☐ Wash & Fold Laundry
- ☐
- ☐
- ☐

## THURSDAY

- ☐ Deep Clean Bathrooms: Clean & disinfect toilet and surfaces, mop floor, clean shower.
- ☐
- ☐
- ☐
- ☐

## FRIDAY

- ☐ Clean Bedrooms: Dust, Vacuum, Wipe Any Surfaces, Tidy Up
- ☐ Wash & Fold Laundry
- ☐
- ☐
- ☐

## WEEKEND

- ☐ Wash & Fold Laundry (if needed)
- ☐ Enjoy the family!
- ☐
- ☐
- ☐

# FAMILY chore chart

[illegible]



# CLEANING HACKS

## For Busy Moms!



### MICROWAVE YOUR MICROWAVE

Put a bowl of vinegar and a few drops of lemon essential oil into the microwave. Let it run for about a minute. This will steam your microwave and make it way easier to clean!



### SOAK YOUR SHOWER HEAD

Put a plastic bag with vinegar over your shower head and tie it off with a rubber band. This will help remove mineral buildup and make your shower head way cleaner.



### GRAB AN OLD SOCK

Put an old sock on your arm and dust your blinds! You can use this for fan blades and surfaces too. Just make sure to change out your socks every now and then.



### CRAYON CONUNDRUM

Get rid of crayon marks on walls by using a paste made with baking soda and water.



### A LEMON A DAY

Cut a lemon in half and use it to clean your stainless steel! You can use it for sink and shower faucets to make them shine.



### REPURPOSE DRYER SHEETS

Dryer sheets can work magic around your house! Use them to buff water spots from mirrors, bathroom/kitchen fixtures and shower doors, remove the ring inside the toilet and wipe baseboards clean



### CLEAN WHILE YOU CLEAN

Instead of cleaning your shower while you are out of it, why not clean while you're already in there! Make your own homemade shower cleaner and clean the tub and shower walls while you're showering!



### DE-GUNK CABINETS

Mix a solution of one-part vegetable oil and 2 parts baking soda. Use an old toothbrush to scrub all that gunky stuff out of the corners of cabinet surfaces!



### USE THE DISHWASHER

You can wash your toys, hairbrushes and so many other things in the dishwasher! Plastic toys can typically go on the top rack to save you some time.



### CLEAN THE DISHWASHER

Give your dishwasher a monthly cleaning by pouring two cups of vinegar onto the bottom of the empty machine and running a sanitize or hot cycle.



# ABOUT THE AUTHOR

Melissa Russo has a few passions in life: cooking, conversation, and creativity. She shares her love for them all on her site [The Farm Girls Gabs](#).

A born and bred Jersey Girl, Melissa left a career in corporate communications to be a stay at home mom. Only, her home is on her family's 800-acre fruit and vegetable farm in South Jersey.

Now that her children are older she has joined her husband working on the farm. She takes pride in the fact that her family helps to feed Americans everywhere. And that means Melissa knows food. She understands that food is a community builder in many ways. She loves educating people on what foods they should choose, how to combine them with others for new and fun recipes, and how to bring their friends and families together to serve them.

But her need to have a creative outlet and continue using her communications skills led her to start The Farm Girl Gabs, a food and lifestyle blog where food, fun, family and farm life collide. She offers young women advice on cooking, recipes, and crafts in easy to follow step-by-step written instructions with beautiful visuals from her great photography.