

CLEAN MAMA'S

RESPONSIBLE KID KIT

**THE COMPLETE "TAKE RESPONSIBILITY
IN YOUR HOME" GUIDE FOR KIDS!**



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Quick Start Guide

I love to include my kids in cleaning – not only does it teach responsibility but teaches them great life skills.

Through this kit you'll find recommendations and suggestions for taking on responsibilities. Only you know what works best for your home and child(ren).

NOTES: _____

A FEW THOUGHTS BEFORE GETTING STARTED:

1. **SHOW, DON'T TELL.** This always, always works best for children. Telling them what to do will take longer in the long run and can lead to frustration. Showing them what to do with patience and love will foster independence.
2. **BUILD HABITS, NOT CLEAN ROOMS.** Think about little habits that your kids can work on over time and build on. These little habits will lead to clean rooms - eventually. If you concentrate on the clean room, you're missing out on the little habits.
3. **A CHECKLIST IS A GUIDE.** Use it to help foster independence but recognize that you'll need to make adjustments as you go and as your child grows.
4. **MAKE IT FUN.** Turn on music, set a timer, turn it into a game. Cleaning and picking up after ourselves is part of life - it will never go away but we can shift our perspective and make it more enjoyable.

HERE'S WHAT YOU NEED TO DO:

- **LOOK IT OVER.** Look over the kit and type into any files that you'd like to add your own tasks and notes to.
- **PRINT IT OUT.** Print out the whole kit or the pages that apply to your home and kids.
- **MAKE IT EASY TO FIND.** Put checklists in places that make sense for your family. Laminate, put in a binder, clip on a clipboard. These are files that you want to USE!



End the overwhelm and take the guesswork for kids (and parents) out of taking on simple responsibilities at home.



Kids Responsibility Charts

✦ LET'S GO! ✦

Want to get the kids involved in taking care of the home? Here are some suggestions for what they CAN do and responsibility charts to help them see their progress.

LOOKING FOR MORE TIPS & TRICKS? VISIT [CLEANMAMA.COM!](https://www.cleanmama.com)

KIDS RESPONSIBILITY CHARTS

Chores + Responsibilities for School-Aged Children

Start with a few and add as your child(ren) are able to complete with and without help.

HOUSEHOLD	MORNING / EVENING	MEALTIME
<ul style="list-style-type: none"> <input type="checkbox"/> wipe baseboards/cupboards <input type="checkbox"/> help sort laundry into whites and brights/darks <input type="checkbox"/> help start and switch laundry <input type="checkbox"/> help fold laundry <input type="checkbox"/> help put away clean clothes <input type="checkbox"/> clean windows with damp microfiber cloth <input type="checkbox"/> pick up toys and activities, put books in bookshelf <input type="checkbox"/> help unload groceries <input type="checkbox"/> water plants <input type="checkbox"/> take care of pets <input type="checkbox"/> gather garbage <input type="checkbox"/> take out garbage and recycling <input type="checkbox"/> get mail <input type="checkbox"/> dust surfaces <input type="checkbox"/> sweep floors <input type="checkbox"/> vacuum corners and edges along baseboards <input type="checkbox"/> vacuum floors using a lightweight upright <input type="checkbox"/> clean clutter from bathroom counter <input type="checkbox"/> wipe bathroom counter with dampened microfiber cloth <input type="checkbox"/> wipe doorknobs and switch plates 	<ul style="list-style-type: none"> <input type="checkbox"/> brush teeth <input type="checkbox"/> brush hair <input type="checkbox"/> wipe face with a warm, wet washcloth after eating <input type="checkbox"/> make bed – pull up comforter/duvet and flat sheet up and put pillow at the top <input type="checkbox"/> put dirty clothes and pajamas in clothes basket <input type="checkbox"/> get dressed in the morning and pajamas in the evening <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ 	<ul style="list-style-type: none"> <input type="checkbox"/> simple mealtime prep help <input type="checkbox"/> pour beverages <input type="checkbox"/> set table with plates, glasses, napkins and appropriate silverware <input type="checkbox"/> bring dirty dishes to sink when done eating <input type="checkbox"/> put away leftovers <input type="checkbox"/> rinse dishes <input type="checkbox"/> wash dishes or load dishwasher <input type="checkbox"/> dry dishes <input type="checkbox"/> put away dishes <input type="checkbox"/> wipe down table <input type="checkbox"/> sweep up crumbs using a small dustpan and broom or handheld vacuum <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

KIDS RESPONSIBILITY CHARTS

Chores + Responsibilities for Preschool-Aged Children

Start with a few and add as your child(ren) are able to complete with and without help.

HOUSEHOLD	MORNING / EVENING	MEALTIME
<ul style="list-style-type: none"> <input type="radio"/> wipe baseboards/cupboards with baby wipes <input type="radio"/> help fold laundry — match socks, fold dish cloths and hand towels <input type="radio"/> help sort laundry into whites and brights/darks <input type="radio"/> help put away clean clothes <input type="radio"/> clean windows with damp microfiber cloth <input type="radio"/> pick up toys, put books in bookshelf <input type="radio"/> help unload groceries <input type="radio"/> water plants <input type="radio"/> gather garbage <input type="radio"/> vacuum corners and edges along baseboards <input type="radio"/> wipe bathroom counter with dampened microfiber cloth <input type="radio"/> dust lower shelves and items <input type="radio"/> wipe door knobs and switch plates <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ 	<ul style="list-style-type: none"> <input type="radio"/> brush teeth <input type="radio"/> brush hair <input type="radio"/> wipe face with a warm, wet washcloth after eating <input type="radio"/> make bed – pull up comforter/duvet and flat sheet up and put pillow at the top <input type="radio"/> put dirty clothes and pajamas in clothes basket <input type="radio"/> get dressed in the morning and pajamas in the evening <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ 	<ul style="list-style-type: none"> <input type="radio"/> set table with plates, napkins and appropriate silverware <input type="radio"/> bring dirty dishes to sink when done eating <input type="radio"/> wipe down table <input type="radio"/> sweep up crumbs using a small dustpan and broom or handheld vacuum <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____ <input type="radio"/> _____

Blank Responsibility Chart

name: _____

RESPONSIBILITY	MON	TUE	WED	THU	FRI	SAT	SUN

KIDS RESPONSIBILITY CHARTS

Reward Responsibility Chart

name: _____

RESPONSIBILITY	MON	TUE	WED	THU	FRI	SAT	SUN	★ REWARD

KIDS RESPONSIBILITY CHARTS

Reward Responsibility Chart

name: _____

RESPONSIBILITY	MON	TUE	WED	THU	FRI	SAT	SUN	★ REWARD

KIDS RESPONSIBILITY CHARTS

Reward Responsibility Chart

name: _____

RESPONSIBILITY	MON	TUE	WED	THU	FRI	SAT	SUN	★ REWARD



Checklists & Resources

✧ FOR THE RESPONSIBLE KID ✧

The following pages feature daily checklists, a guide for putting together a kid-friendly cleaning caddy with DIY recipes and what to do when they are bored.

LOOKING FOR MORE TIPS & TRICKS? VISIT [CLEANMAMA.COM!](https://www.cleanmama.com)

CHECKLISTS & RESOURCES

Daily Checklist

If you're looking for more of a checklist format, this provides a little routine and a gentle reminder in lieu of a 'responsibility chart'. It gives kids a reference point to help them make sure that they're getting things completed in the morning and evening. Here are a couple ideas to help you form your own Daily Checklists.

MORNING, BEFORE/AFTER BREAKFAST	✓
Make bed	
Brush teeth	
Brush hair	
Clean off bathroom counter	
Wash hands and face	
Get dressed	
Put dirty clothes in hamper	
Pick up anything on the floors	
Turn off lightswitch	
Put away breakfast dishes	
Rinse dishes	
Wash dishes or load dishwasher	
Dry dishes	
Put away dishes	
Sweep under kitchen table	
Put away any clean clothes	
Start a load of laundry if needed	

EVENING, BEFORE BED	✓
Pick up bedroom	
Pick up any toys in living areas	
Bath or shower	
Brush teeth	
Bathroom	
Wash hands and face	
Put on pajamas	
Put dirty clothes in hamper	

CHECKLISTS & RESOURCES

Blank Daily Checklist

MORNING, BEFORE/AFTER BREAKFAST	✓

EVENING, BEFORE BED	✓

CHECKLISTS & RESOURCES

Now What Activities

Bored? Need something to do? Here are some Now What Activities for elementary and middle school children.

ACTIVITY	✓	♥
Read, read, read		
Write and illustrate a story		
Watch a drawing video and draw along		
Play outside		
Make slime or playdough		
Play a board game		
Go for a walk		
Knit or crochet		
Go camping in the house or outside		
Bake something		
Create a playlist		
Write a letter		
Call a grandparent		
Make a treasure hunt and go on it		
Play dress up		
Build something with blocks or Legos		
Make a fort		
Read a joke book		
Do a crossword puzzle or word search		
Use dominoes to make a chain reaction		

ACTIVITY	✓	♥
Do a science experiment		
Color in a coloring book		
Sidewalk chalk		
Nature hike		
Plan and/or make a family dinner		
Do a zentangle		
Go to the library and check out books		
Research a topic that's interesting to you		
Practice your handwriting		
Come up with your own font		
Organize a drawer in your room		
Listen to music or a book		
Try paper weaving		
Origami		
Make bubbles		
Do a puzzle		
Color salt with chalk + pour layers in jar		
Paint a color wheel		
Do a 'bike wash'		
Wash toys outside		

CHECKLISTS & RESOURCES

Kids' Cleaning Kit

Here are a few suggestions for creating a cleaning kit/caddy just for your child.



MICROFIBER AND/OR CLEANING CLOTHS

[Shop my cloth collection here.](#)



LINT ROLLER Great for helping clean lampshades and furniture (and it's fun too!)



BABY WIPES Great for baseboards, doors, and door knobs.



DUSTING WAND Find one that is appropriately sized so they can help dust. [Here's one!](#)



MINI BROOM + DUST PAN Clean up little messes under the kitchen table, after a project, etc. [Here's one!](#)



SCRUB BRUSH / OLD TOOTHBRUSH Use in the sink to clean toys or outside to clean bikes + such.



SOAP Vegetable-based dish or castile soap – can be added to water and a spray bottle. [Here's my favorite.](#)



CLEANER Water or non-toxic cleaner in a [spray bottle](#) – keep reading, my favorite DIY kid-safe recipe is on page 15.



A WAY TO CARRY Put everything in a small cleaning caddy or easy to carry [bucket](#).



Just for Kids

↳ THEY GOT THIS! ↳

These pages are specifically for the kiddos. Print them out, hang them in their rooms or on the fridge. Add instructions and assist where or when necessary!

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How to Clean a Bathroom



STEP 1

Spray mirror cleaning spray on your cleaning cloth. Wipe the mirror going top to bottom + left to right.



STEP 2

Spray the sink, toilet, and tub or shower with your natural spray cleaner.



STEP 3

Run your cleaning cloth under a little water to dampen, wipe both the sink and faucets.



STEP 4

Then, wipe the counter with your damp cloth. It's easiest to pick everything up off the counter first.



STEP 5

Wipe down the outside of the toilet. Be sure to use a new separate cloth for just the toilet!



STEP 6

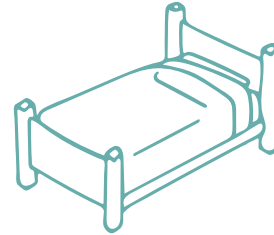
Put cleaner in the toilet bowl, let it sit for a bit, and then scrub the toilet bowl with the toilet brush.

How to Clean Your Bedroom



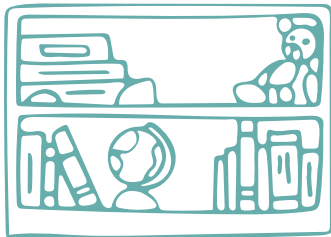
STEP 1

Put dirty clothes in the hamper.



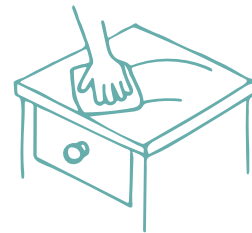
STEP 2

Make your bed.



STEP 3

Clean up the floors – stack books and put your toys where they belong.



STEP 4

Wipe down any flat surfaces with a damp cleaning cloth.



STEP 5

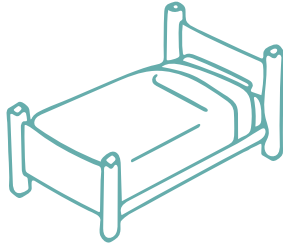
Vacuum or sweep the floor.



STEP 6

Empty the garbage.

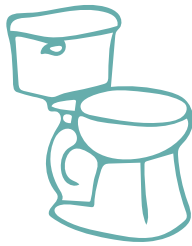
Preschool-Aged Daily Tasks



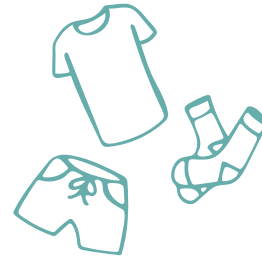
TASK ONE
MAKE YOUR BED



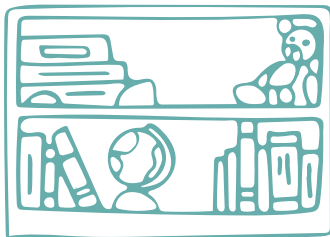
TASK TWO
BRUSH YOUR TEETH



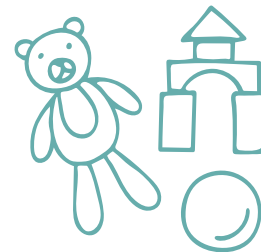
TASK THREE
GO POTTY



TASK FOUR
GET DRESSED



TASK FIVE
PICK UP TOYS



TASK SIX
HAVE A FUN DAY!

The Clean Mama Routine

Help your family members or do your tasks yourself if you're ready for the extra responsibility.

Everyday we do a little task – ask an adult to set a timer for 5-15 minutes and see what you can get done! Start with your daily tasks.



DAILY TASK ONE
MAKE YOUR BED



DAILY TASK TWO
CLEAN UP AFTER YOURSELF



DAILY TASK THREE
PUT AWAY YOUR DISHES



DAILY TASK FOUR
DIRTY LAUNDRY IN THE HAMPER



DAILY TASK FIVE
SWEEP UNDER KITCHEN TABLE



DAILY TASK SIX
HELP WITH THE WEEKLY TASKS...

THE WEEKLY TASKS...

- MONDAY**
Clean the bathroom (or help)
- TUESDAY**
Dust your room (or help)
- WEDNESDAY**
Vacuum your room (or help)
- THURSDAY**
Help wash floors
- FRIDAY**
Catch-All Day
Bonus! Tidy your room
- SATURDAY**
Help change your sheets
- SUNDAY**
Relax!

