

5

Templates from @judgymummy www.judgymummy.com

- Remove sheets off bed to air mattress
- Flip or rotate mattress
- Sprinkle bicarb on mattress and leave on for a few hours before vacuuming
- Remove everything from the bedside table,
- cupboards or drawers and wipe down
- Relocate items which don't belong
- Discard, donate or store away unused items or
- items which no longer fit your child
- Dust ceiling and walls if needed
- ☐ Thoroughly wipe down and clean architraves,
- doors, bed, curtains & windows
- Clean scuff marks from walls
- Store like with like and organise space
- If you wish to utilise storage solutions ensure you measure the space first
- Move furniture so you can clean behind it
- Place fresh sheets on bed
- □ Vacuum and/or mop floor. Deodorise carpet or rugs.
- Take relevant items to dry cleaner

Share your progress #cleanwithnina