



CLUTTER CREW

This week's edition of The C Word continues my focus on Spring Cleaning and features my Good, Better, Best approach to cleaning your home. Ahead of this weekend's blog there's some tips on how to involve young children in decluttering, and Before You Go features my tip of the week about setting time containers when selling items.

Coming up this weekend is my last Nibble The Frog webinar of the year. Please register if you want to learn how to clear your backlog of paper clutter and stay on top of your paperwork going forward. The webinar is fidget friendly with no requirement to focus on one thing only. It's interactive, but you don't need to have your camera on or participate in the chat if that feels like too much for you on the day.

Reminder there's a special bonus available to subscribers that attend the webinar. Hope to see you there.

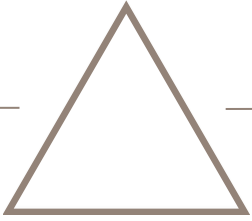
Kerryn

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TAM SUNDAY 22 SEPTEMBER 2024

NIBBLE THE FROG FREE WEBINAR

Register on the appointments page



GOOD, BETTER, BEST

AND SPRING CLEANING

Our theme this month is Spring Cleaning and this week your exclusive resources are my Good, Better, Best guides to cleaning your home.

If you're "procrasta-cleaning" to avoid another task these lists are a great way to get started.

We're beginning with kitchens. Other lists follow each day. The first free resource lists a range of cleaning tasks for your kitchen with a suggestion for how frequently you might want to do them.

For example, cleaning the shelves in your fridge may be a task you want to do monthly, fortnightly or weekly. Cleaning your sink is something you may want to do daily, twice a week or weekly. Dusting the top of your fridge may be something you want to do weekly, monthly or quarterly.

Simply check the circle for each task and either use that as your reference guide, or use it as your master list to create your weekly, fortnightly, monthly, quarterly, biannual and annual cleaning lists.

Remember that the frequency suggestions are just that: suggestions. There's no hard and fast rules here. You may cook more or less frequently than someone else. You may be cooking for one person or a large family. You may be time poor and have low bandwidth due to work pressures, poor health, volunteering obligations, or busy family schedules.

Remember also that cleaning is the lowest priority when getting your home under control, with one exception. It's usually more important to declutter first and organise second before tackling cleaning.

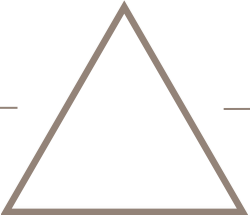


The one exception is your dishes. It's the only cleaning task I recommend ahead of decluttering.

Doing your dishes every day will prove to yourself dishes maths. This is the concept that two days of dishes takes exponentially longer than one day of dishes. Three days of dishes compounds it even further.

For example, one day of dishes may take ten minutes to hand wash, two days will then take twenty five minutes and three days will take forty-five minutes. This is due to the extra time involved clearing the sink, rinsing and stacking. Plus if you're washing by hand you'll likely need to empty and refill the sink multiple times.

So if you only have the bandwidth for one cleaning task, make it your mission to get any backlog of dishes done so that you can get down to one day's worth of dishes.



HELPING HANDS

AND YOUR YOUNG CHILDREN

Getting young children involved in decluttering and tidying their space is a skill for life. Here's an excerpt from this Sunday's blog.

As parents and grandparents we know that giving children aged five and under physical space for creative play with a variety of toys is important for their development.

To ensure maximum space in a bedroom or play area it's helpful to limit the amount of toys, books, games, puzzles, art and craft supplies.

One idea to consider is a toy rotation system.

This gives children plenty of variety to stimulate their developing brains without overwhelming them or pushing them into decision fatigue.

Consider creating a small area where toys, craft supplies and activities are available and accessible for little ones to play with at anytime.

Select a handful of items and organise the area into categories like:

- books
- soft toys
- toys, dolls and action figures
- dress up outfits and equipment
- lego sets, train sets or car sets
- wooden toys and blocks
- puzzles
- games
- art supplies
- craft supplies
- music equipment
- sports equipment

A shelf, cubbies, baskets or boxes will help you keep them contained when not in use.



Rotate half of them out each season to a high shelf in a closet, an attic, or storage space in your garage. As they get older involve them in choosing a few toys to add into the rotation.

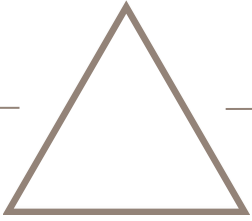
This system provides some choice and variety and keeps current favourites available. It also means you can restore the play area with a simple five minute pickup.

The real benefit of this system however is that it reduces stress you may have about play time.

Everything can be played with and because it only takes minutes to put away there's no need to stress about the mess it may make.

Instead you can fully immerse yourself in play with your child and be present.

That's a true gift.



BEFORE YOU GO



TIME CONTAINERS

My tip of the week is to use time containers when selling.

When a client wants to sell an item instead of donating it to charity or gifting it to a friend we set at least three parameters.

- The amount of money they ideally want to receive for the item.
- The lowest amount of money they will accept for the item.
- The amount of time they are prepared to wait for the item to sell.

This last one is the time container. Decide ahead of time whether you're prepared to devote one, two, three or more weeks to responding to messages and setting up appointment times. Write in your calendar the time limit and what you will do with the item if it doesn't sell within the time limit. These are firm boundaries for you to uphold.

Remember at a certain point the amount of money you receive for the item is not worth the amount of time you spend managing the process and storing the item. At some point the costs of selling will tip the scale. Deciding ahead of time takes out the guess work and helps mitigate against sunk cost thinking.