

# THE MOM'S GUIDE TO DEEP CLEANING DURING NAPTIME

Moms know that taking the time to deep clean our houses is difficult. This checklist is meant to be tackled one item at a time, during naptime. Instead of going room by room, this list goes from the top, down.

*start here*

- Knock down cobwebs
- Clean vents
- Dust ceiling fan blades
- Wipe down light fixtures
- Change dead light bulbs
- Wipe down doors and knobs
- Clean insides of windows
- Clean blinds and dust window sills
- Vacuum or wash curtains and valances
- Clean switch and outlet plates
- Wipe down kitchen cabinets
- Wipe down microwave
- Clean oven and de-grease range hood
- Discard expired food
- Wipe down the interior of the fridge/freezer
- Clean small kitchen appliances
- Disinfect cutting boards
- Clean out pantry and wipe down shelves
- Clean out linen closet
- Dust bookshelves, books, and knick knacks
- Dust lamp shades
- Dust/clean plant leaves (real and faux)
- Dust all electronics
- Clean remote controls
- Vacuum couches and chairs
- Wash throws and pillow covers
- Vacuum and flip your mattress
- Wash comforters and pillows
- Clean out washer and dryer, rinse lint trap
- Wipe down laundry basket and hamper
- Scrub shower walls, tub, and wash shower curtain
- Wash hair brushes, cosmetic brushes, etc.
- Throw out old cosmetics, medications, etc.
- Clean out paperwork and shred documents
- Wash reusable grocery bags
- Wash all trash cans
- Run plastic toys in dishwasher
- Wash fabric toys
- Dust baseboards
- Mop and polish wood floors
- Deep clean carpets

*end here*