PRINTABLE CHECKLIST

Daily Cleaning Routine for Busy Moms



A calm, clean-enough home in about **30 minutes a day** - split into short bursts that fit around school, work and family life. Done is better than perfect: if you only manage one burst today, start with the Evening Close.

Morning - 10 min
Start the day ahead

Midday - 5 min
Stop clutter spreading

After School - 10 min
Contain the chaos

Evening - 15 min
Close the day calmly

Morning Reset

10 MIN

- [ ] Make the beds - yours and the kids'
- [ ] Start one load of laundry
- [ ] Empty the dishwasher or drainer
- [ ] Clear and wipe the breakfast dishes
- [ ] Wipe kitchen counters and table
- [ ] Quick bathroom wipe - sink, taps, mirror
- [ ] Put one basket of stray items back

Midday Reset

5 MIN

- [ ] Move laundry to dryer or line
- [ ] Clear lunch dishes straight away
- [ ] Wipe the stove top and sink
- [ ] One quick toy and clutter sweep
- [ ] Take out kitchen trash if it is full
- [ ] Open windows for 5 minutes of fresh air

After-School Reset

10 MIN

- [ ] Bags, shoes and coats in their spots
- [ ] Empty lunchboxes and sort school papers
- [ ] Fold and put away the morning laundry
- [ ] Vacuum or sweep the entry and living room
- [ ] Wipe bathroom sink and toilet seat
- [ ] Set out dinner prep and defrost items

Evening Close

15 MIN

- [ ] Load and run the dishwasher
- [ ] Wipe counters, stove and sink - shine the sink
- [ ] Sweep the kitchen floor
- [ ] 10-minute family tidy - everyone helps
- [ ] Lay out clothes and bags for tomorrow
- [ ] Take out the trash and lock up

Busy mom rule: Never leave a room empty-handed. Carry one thing back to its place every trip, and the house quietly tidies itself all day.

KEEP IT GOING ALL WEEK

One Focus a Day - No Big Clean Needed

Add just one small focus after your daily bursts. By Friday the whole house has had attention, and the weekend stays free.

Day	Focus - 10 to 15 minutes	Done
Monday	Bathroom - toilet, shower screen, fresh towels	☐
Tuesday	Kitchen - fridge leftovers out, microwave, bin wiped	☐
Wednesday	Bedrooms - change kids' bedsheets, dust surfaces	☐
Thursday	Living room - vacuum sofa, cushions, remotes and shelves	☐
Friday	Floors - mop kitchen and bathroom, shake out mats	☐
Sat / Sun	Off - or one catch-up job only if you choose it	☐

5-Minute Rescue

BAD DAY?

When the day goes off track, do only these - in this order:

1. Trash out and a bag in hand - collect rubbish
2. Dishes into the sink or dishwasher
3. Laundry basket - gather stray clothes
4. Clear one flat surface - table or counter
5. Quick sweep of the kitchen floor

Laundry - One Load a Day

NO PILE-UP

- ☐ Start a load every morning, no sorting mountains
- ☐ Same day: dry it, fold it, put it away
- ☐ Mon / Wed / Fri - clothes | Tue - towels
- ☐ Thu - bedsheets | Weekend - only if needed
- ☐ Kids deliver their own clothes to the basket

Kids Can Help - By Age

Ages 2-4

- ☐ Put toys in the basket
- ☐ Wipe low spills with a cloth
- ☐ Carry clothes to the basket

Ages 5-7

- ☐ Make their own bed
- ☐ Set and clear the table
- ☐ Sort laundry by colour

Ages 8+

- ☐ Vacuum their bedroom
- ☐ Empty small trash bins
- ☐ Fold and put away laundry

Cleaning Caddy Essentials

- ☐ All-purpose spray
- ☐ 2 microfibre cloths
- ☐ Bathroom cleaner
- ☐ Sponge and brush
- ☐ Trash bags
- ☐ Gloves

Tomorrow's Top 3

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My reward this week:

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Remember: A house with kids in it will never stay show-home tidy - and it does not need to. Clean enough, calm enough, and time left for your family is the goal.