

The Ultimate

Room-by-Room Chore Checklist Bundle

Cleaning checklists room-by-room,
Age-appropriate chore ideas checklist,
Tricks for gaining cooperation checklist,
And more!

An awesome collaboration of

Rachel Norman

A Mother Far From Home

Lauren Tamm

The Military Wife and Mom

Copyright © 2020 by Lauren Tamm of TheMilitaryWifeandMom.com and Rachel Norman of AMotherFarFromHome.com. All rights reserved.

You are welcome to print a copy of this document for your personal use. Other than that, no part of this publication may be reproduced, stored, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the author. Requests to the author and publisher for permission should be addressed to the following email: themilitarywifeandmom@gmail.com or anotherfarfromhome@gmail.com

Limitation of liability/disclaimer of warranty: While the publisher and author have used their best efforts in preparing this guide and workbook, they make no representations or warranties with respect to the accuracy or completeness of the contents of this document and specifically disclaim any implied warranties of merchantability or fitness for particular purpose. No warranty may be created or extended by sales representatives, promoters, or written sales materials.

The advice and strategies contained herein may not be suitable for your situation. You should consult with a professional where appropriate. Neither the publisher nor author shall be liable for any loss of profit or any other commercial damages, including but not limited to special, incidental, consequential, or other damages.

Due to the dynamic nature of the Internet, certain links and website information contained in this publication may have changed. The author and publisher make no representations to the current accuracy of the web information shared.

My bedroom

My checklist items:

- Make bed 
- Put away clean clothes 
- Put dirty clothes in laundry / hamper 
- Put away shoes and socks 
- Clear off dresser / nightstand / desk 
- Dust off dresser / nightstand / desk 
- Pick up toys and books 
- Throw away any garbage 
- Check under your bed 
- Vacuum carpet / floor 
- _____
- _____
- _____

My bedroom

(for toddlers and preschoolers)

My checklist items:

- Make bed 
- Put clean clothes in drawer 
- Put dirty clothes in basket 
- Pick up toys and books 
- Vacuum floor 
- _____
- _____
- _____
- _____

Living Room

My checklist items:

- Grab living room cleaning caddy 
- Put away toys 
- Throw away any trash 
- Dust tables and bookshelves 
- Dust electronics 
- Dust lamps 
- Wipe any photo frames and mirrors 
- Vacuum floor 
- _____
- _____
- _____
- _____

Bathroom

My checklist items:

- Grab bathroom cleaning caddy
- Grab hand towels, throw in wash
- Remove rug and hang outside
- Spray mirror and wipe down
- Spray sink and counter and wipe down
- Spray and wipe down outside of toilet with paper towel and discard
- Place cleaner in the toilet bowl, and set timer for 5 minutes
- Scrub clean and flush
- Vacuum floor
- Spray floor with cleaner and wipe down
- Empty garbage and replace with the garbage bag
- Return rug to floor
- Replace with fresh hand towels
- _____
- _____
- _____



Kitchen

My checklist items:

- Grab kitchen cleaning caddy 
- Empty clean dishes from dishwasher 
- Put dirty dishes into the dishwasher 
- Wipe down counters 
- Wipe down front of cabinets 
- Wash out sink 
- Sweep / vacuum the floor 
- Mop the floor 
- Take out trash 
- _____
- _____
- _____
- _____

Mudroom

My checklist items:

- Grab mudroom cleaning caddy 
- Pick up shoes and place in basket 
- Hang up coats and bags 
- Vacuum floor 
- Mop floor 
- _____
- _____
- _____
- _____

Foyer

My checklist items:

Tidy up and put away any items that don't belong 

Dust furniture 

Wipe down picture frames 

Vacuum floor 

Mop floor 

Garage

My checklist items:

- Put away bikes and helmets 
- Put away yard toys in bins 
- Sweep out garage with push broom 
- _____
- _____
- _____
- _____

Basement

My checklist items:

- Grab basement cleaning caddy 
- Put away toys and books 
- Dust tables 
- Wipe down items on tables 
- Wipe down picture frames 
- Vacuum 
- _____
- _____
- _____
- _____

Cleaning caddy supply checklist:

Put together ANY combo of these items into a room specific cleaning caddy and make tidying up and cleaning easy for kids!

- Microfiber Cloths
- Lint Roller – Easy way to clean cloth furniture
- Baby Wipes – Use on baseboards, doors, door knobs, bathrooms
- Dusting Wand
- Dusting Mit - Easy for little hands to use
- Handheld Vacuum
- Handheld Broom and Dust Pan
- Scrub Brush – Use in the sink to clean inside toys or outside to clean outdoor items
- Castile Soap – Dilute with water in a spray bottle
- Spray Bottle - Water or non-toxic plant-based cleaner in a spray bottle
- Cleaning caddy

Chore ideas for kids checklist:

- Put toys away
- Stack books on shelf
- Put dirty clothes in hamper
- Match clean socks
- Throw trash away
- Carry firewood
- Fold washcloths
- Set the table
- Restock diapers and wipes
- Dust baseboards
- Feed pets
- Wipe window sills
- Spray and clean window glass
- Make the bed
- Straighten bedroom
- Water houseplants
- Water the outdoor plants
- Sort silverware
- Prepare snacks
- Use hand-held vacuum
- Clear kitchen table
- Organize junk drawer
- Organize coat closet
- Dry and put away dishes
- Clean remote controls
- Clean doorknobs
- Take out trash
- Fold towels
- Dust mop floors
- Empty dishwasher
- Weed garden
- Rake leaves
- Peel fruits or vegetables
- Make salad
- Replace toilet paper rolls
- Load dishwasher
- Change lightbulbs
- Wash laundry
- Hang / fold clean clothes
- Dust furniture
- Hose off patio
- Put groceries away
- Scramble eggs and serve
- Make toast and serve
- Walk dog
- Clean up pet poop
- Sweep porches
- Wipe off table
- Clean bathrooms
- Vacuum rugs
- Clean countertops
- Help deep clean kitchen
- Prepare simple meal
- Wipe out bathroom cupboard

- Mow lawn
- Bring in mail
- Sweep out garage
- Mop floors
- Change overhead lights
- Wash car
- Vacuum inside car
- Make sandwiches
- Pack lunches
- Empty bathroom
- garbage cans
- Vacuum under beds
- Spray and wipe glass surfaces
- Polish furniture
- Wash bedroom sheets
- Organize pantry
- Organize clothes in dresser drawer
- Put grocery list items in cart
- Dust picture frames
- Help wash windows
- Shake out small rugs
- Take out recycling
- Flatten cardboard boxes
- Crush cans
- Remove labels from recycling
- Fold napkins
- Refill Kleenex in bathrooms
- Brush pets
- Put soap in washing machine
- Sort clothes by color for wash
- Put away shoes / jacket / backpack
- Move clothes from washer to dryer
- Wash walls
- Put away yard toys
- Wash bike
- Clean tub
- Clean car tires
- Organize books
- Organize toys
- Declutter toys
- Clean the refrigerator
- Wipe down kitchen chairs

Age-appropriate chore ideas checklist:

While every child's ability is different, here are some basic ideas of what kids can do at specific ages.

Toddler (ages 2-3)

- Pick up toys and books
- Put away silverware or plastic cups
- Dust with mit or microfiber cloth
- Put dirty clothes into the laundry basket
- Put clean clothes away in drawers
- Wipe baseboards with baby wipes
- Fold towels or cloth napkins
- Match socks
- Clear plate from dinner table
- Set out silverware for meals
- Wipe up spills

Preschooler (ages 4-5)

- Any 2-3 year old chores
- Wipe windows
- Wipe front of cabinets
- Make bed
- Vacuum floor
- Take recyclables outside to bin
- Wipe down kitchen table and chairs

- Wipe out bathroom sinks
- Disinfect doorknobs
- Set the table
- Help wipe / mop floors
- Dust mop the floor
- Feed pets
- Water plants
- Prepare simple snacks
- Restock bathroom toilet paper
- Restock paper towel

Early Elementary (ages 6-8)

- Any 2-3 or 4-5 year old chores
- Replace toilet paper rolls
- Move clothes from washer to dryer
- Fold laundry
- Gather trash
- Rake leaves
- Weed garden
- Wash dishes with help
- Peel fruits or vegetables with peeler
- Get mail
- Vacuum out inside of car
- Clean out inside of cabinets

Late Elementary (ages 9-11)

- Any previous chores
- Wash all dishes
- Empty dishwasher
- Change lightbulbs
- Put away groceries
- Walk pets
- Prepare simple meals like eggs or sandwiches
- Mop floors
- Mow the yard
- Pack lunches
- Help wash the car
- Clean out the fridge
- Organize kitchen cabinets
- Organize linen closet

How to increase chore cooperation checklist:

○ Keep everything at the child's level

- Consider moving breakfast, lunch or snack items to the lowest shelf of the pantry for kids to reach and help prepare their own food or grocery putaway
- Place kid-friendly bowls, plates and cups in a lower kitchen drawer
- Keep everyday play clothes in lowest dresser drawers or baskets
- Use hooks and cubbies in the mudroom or foyer for kids to easily put away shoes and hang coats
- Display cleaning caddies in plain view for kids to grab and go

○ Use visual reminders

- Visual schedules and routines help kids SEE what needs to get done
- Checklists in pictures or words depending on your child's age and development level
- If your child is regularly forgetting something, allow them to actively participate in crafting a visual reminder and placing it where they need it

○ Create expectations up front, allow for adequate time

- List or display jobs that need to get done and in what time frame (e.g. today, this week)
- Create a plan together with your child for how and when it will get done
- Allow your child the opportunity to create their own reminder (e.g. set a timer)
- Avoid "right now" arguments

My bedroom

My checklist items:

- Make bed
- Put away
clean clothes
- Put dirty clothes in
laundry / hamper
- Put away shoes
and socks
- Clear off dresser /
nightstand / desk
- Dust off dresser /
nightstand / desk
- Pick up toys and books
- Throw away
any garbage
- Check under your bed
- Vacuum
carpet / floor
- _____
- _____
- _____

My bedroom

My checklist items:

- 
- 
- 
- 
- 
- _____
- _____
- _____
- _____

Living room

My checklist items:

- Grab living room cleaning caddy
- Put away toys
- Throw away any trash
- Dust tables and bookshelves
- Dust electronics
- Dust lamps
- Wipe any photo frames and mirrors
- Vacuum floor
- _____
- _____
- _____
- _____



Bathroom

My checklist items:

- Grab bathroom cleaning caddy
- Grab hand towels throw in wash
- Remove rug and hang outside
- Spray mirror and wipe down
- Spray sink and counter and wipe down
- Spray and wipe down outside of toilet with paper towel and discard
- Place cleaner in the toilet bowl, and set timer for 5 minutes



- Scrub clean and flush
- Vacuum floor
- Spray floor with cleaner and wipe down
- Empty garbage and replace with the garbage bag
- Return rug to floor
- Replace with fresh hand towels
- _____
- _____
- _____



Kitchen

My checklist items:

- Grab kitchen cleaning caddy
- Empty clean dishes from dishwasher
- Put dirty dishes into the dishwasher
- Wipe down counters
- Wipe down front of cabinets
- Wash out sink
- Sweep / vacuum the floor
- Mop the floor
- Take out trash
- _____
- _____
- _____
- _____



Mudroom

My checklist items:

- Grab mudroom cleaning caddy
- Pick up shoes and place in basket
- Hang up coats and bags
- Vacuum floor
- Mop floor
- _____
- _____
- _____
- _____



Foyer

My checklist items:

- Tidy up and put away any items that don't belong
- Dust furniture
- Wipe down picture frames
- Vacuum floor
- Mop floor
- _____
- _____
- _____
- _____
- _____



Garage

My checklist items:

- Put away bikes and helmets
- Put away yard toys in bins
- Sweep out garage with push broom
- _____
- _____
- _____
- _____



Basement

My checklist items:

- Grab basement cleaning caddy
- Put away toys and books.
- Dust tables
- Wipe down items on tables
- Wipe down picture frames
- Vacuum
- _____
- _____
- _____
- _____



My bedroom

My bedroom

(for toddlers and preschoolers)

Living room

Bathroom

Kitchen

Mudroom

Foyer

Garage

Basement