

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

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A Mother Far From Home

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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

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- Make bed
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- Put dirty clothes in
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- 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
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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
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- Wipe down counters
- Wipe down front of cabinets
- Wash out sink
- Sweep / vacuum the floor
- Mop the floor
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Mudroom

My checklist items:

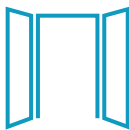
- Grab mudroom cleaning caddy
- Pick up shoes and place in basket
- Hang up coats and bags
- Vacuum floor
- Mop floor
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Foyer

My checklist items:

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

My checklist items:

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

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(for toddlers and preschoolers)

Living room

Bathroom

Kitchen

Mudroom

Foyer

Garage

Basement