

## DO THIS AT HOME

# A Season for Cleaning

Try this activity at home to reinforce what your child learned about taking care of herself and her environment.

### What Your Child Will Learn

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Involving your child in the care and maintenance of her environment helps her feel part of the family and part of a community. With this sense of connectedness, your child feels safe to learn and grow. By keeping appropriate cleaning items nearby, your child learns that she plays a role in keeping the environment clean, both indoors and out.

### Materials Needed

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apron (optional)  
child-sized brooms, mops, feather dusters  
spray bottles with water

### What to Do

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- ▶ Explain to your child that it is “a season for cleaning.” Create a master checklist together of everything you plan to clean.
- ▶ Provide your child with the cleaning item(s) she will be working with (brooms, mops, feather dusters, and so on).
- ▶ Let your child clean/dust chairs, tables, and bookshelves. Support and join in with your child as she works and learns. Offer lots of physical acknowledgment and verbal encouragement for her efforts (pats on the back, thumbs-up sign, smiles, “We’re working together and this place is looking clean!”, and so on).
- ▶ With your child, revisit your master cleaning list, and check off the completed items.
- ▶ Applaud your child for her effort and teamwork.
- ▶ As an ongoing way to help involve your child or children in keeping your home tidy, assign a few small jobs, such as helping to set or clear the table, organizing toys into the right areas, making her bed, helping feed a pet, and so on.
- ▶ Set up a system to remind everyone about the ways they can help, such as a chart or checklist.

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\*You can download this activity and the other at-home activities in this book at [www.centerforresilientchildren.org/SSES](http://www.centerforresilientchildren.org/SSES).