

Module 4
Section 1

HOME & HYGIENE

Keeping your body and living space clean shows respect for yourself and others.

IN THIS SECTION YOU WILL:

Learn about what it takes to keep your living space clean and organized.

Understand the benefits of daily, weekly, and yearly cleaning schedules.

Discover why personal hygiene is important for staying healthy and making others feel good.

Explore why good hygiene is good for your emotional and social life.

Find out how the basics of daily hygiene.

HOME & HYGIENE

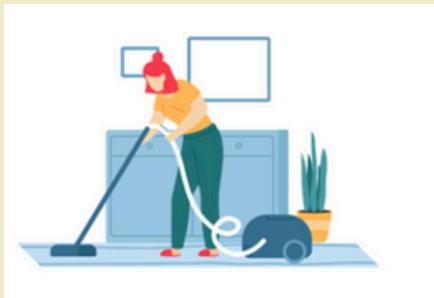
Maintaining Your Home

Keeping your home clean and organized is important. It can help to not feel so overwhelming if you follow a schedule. Some things should be done every day, some things can be done every week, and some things need to only be done once a year.

Daily cleaning

Here are a few cleaning tasks that you should get done every day. It might seem like a lot but once you keep your home maintained on a regular basis, you'll find that you can get this list done in less than a half hour.

- Make your bed in the morning.
- Wash the dishes or load/unload the dishwasher.
- Clean kitchen counters, dining tables, and bathroom sinks.
- Put away things that are out of place.
- Quickly sweep or vacuum areas like the kitchen and living room.
- Take out the trash when it's full.



Weekly cleaning

Some cleaning jobs need to only be done once a week. If you assign one or two of these tasks for each day of the week, it makes it very manageable. Make a schedule that works for you. For example, every Monday you do your laundry and change your bedding. On Tuesdays, you clean the floors, etc. Here's a list of weekly chores:

- Dust furniture, shelves, and light fixtures.
- Thoroughly vacuum carpets and rugs; mop hard floors.
- Clean toilets, showers/tubs, sinks, and mirrors. Also, replace towels.
- Change your sheets and pillowcases. (Do this at least once a month)
- Wash, dry, fold, and put away clothes and linens.
- Clean appliances like the microwave, stovetop, and fridge exterior.
- Clean mirrors and glass surfaces.
- Wipe down and disinfect garbage cans.

Once a year cleaning tasks

During different seasons, there are special tasks to do. Many of these tasks you can do any time of the year, but this list can help you stay organized. Doing annual cleaning jobs at certain times of the year consistently can help you remember what needs to be done. Have you ever heard of "spring cleaning"? That is a time when people want to air out their home and get certain things done after a long winter. Let's start with...

Spring

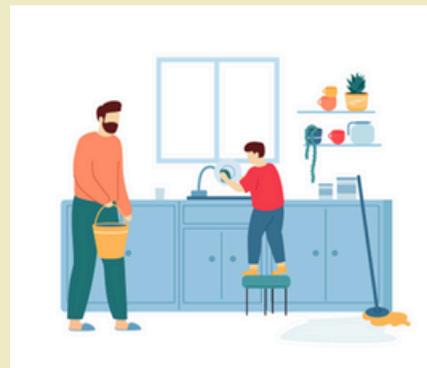
- Consider renting a carpet cleaner or hiring professionals to deep clean carpets and upholstery.
- Clean the inside and outside of windows, including sills and tracks.
- Wash or vacuum curtains and wipe down blinds and lampshades.
- Go through closets, drawers, and storage areas to declutter. Donate or discard unused items.
- Clean and prepare outdoor furniture and spaces.



There will be more seasonal tasks to do if you live in a house compared to living in an apartment. Spring, fall, and summer are all busy times of year for outside work and home maintenance.

Summer

- Sort through items and create an organized storage system in the garage or basement.
- Test and replace batteries in smoke detectors if needed.
- Clean refrigerator coils, oven, and other large appliances.
- Focus on cleaning grout, tiles, and hard-to-reach areas in the bathrooms.



Fall

- Remove leaves and debris from gutters.
- Check and clean heating systems and replace filters.
- Rake leaves, and trim trees and shrubs in the yard.
- If you have a fireplace, inspect and clean the chimney to make sure it's safe.

Winter

- Clean inside cabinets, pantry, and behind appliances in the kitchen.
- Inspect windows and doors for drafts and insulate as necessary.
- Rotate and flip mattresses to help maintain their shape and comfort.
- Get Ready for the Holidays: Keep your decorations in order by putting them away neatly and labeling the boxes so you can find them easily.

Tips for success

To help you be successful in keeping a tidy and organized living space, follow these helpful tips.

Make a Plan for Cleaning: Break down your tasks into smaller parts and assign specific days for each task.

Use a Timer: Set aside a certain amount of time each day to work on cleaning.

Ask for Help: If you live with other people, give them tasks to help lighten the load.

Get Good Cleaning Supplies: Having the right tools can make cleaning easier and better.



Cleaning Supplies

It's nice to have a cleaning caddy to store cleaning items for when you go from room to room. Below is a list of basic supplies to keep handy to help you keep your living space clean.

- Window cleaner
- Furniture polish
- Disinfectant cleaner
- Toilet cleaner and brush
- Paper towels
- Ajax or similar type cleanser
- Magic Eraser
- Scrubber
- Old toothbrush for cleaning tight spots
- Broom and dustpan
- Bucket and rags
- Squeegee
- Vacuum cleaner
- Swiffer cloths for dusting

DIY Cleaners

If you want to save some money, you can make your own cleaners. These recipes are on the follow page and also found in this course in Module 2, Section 4 - Living on Less.

By following this cleaning plan, you can keep your home clean and organized all year long without feeling overwhelmed.

Money Saving Do it Yourself Recipes

All Purpose Cleaner

This recipe costs only \$0.24 to make an 8 oz. bottle.

Add 1 cup Vinegar and 1 cup water to a spray bottle.

- a) Use everywhere except on granite
- b) Add essential oils for scent
- c) Infuse citrus or pine into vinegar for scent, leave in bottle for 6 weeks

Use 1 to 2 cups of vinegar/water solution or vinegar infusion in hot water to mop floors.

Laundry Stain Remover

With this recipe, an 8-ounce bottle only costs \$0.62 to make.

Hydrogen peroxide, $\frac{3}{4}$ bottle (6 oz.)
Dawn dish soap, remaining $\frac{1}{4}$ bottle (2 oz.)
Spray bottle

Dawn Powerwash

Instead of paying \$4 or \$5 dollars, you can make your own for \$0.44 per bottle.

Use empty bottle or a 16 oz. glass bottle.
Fill with:
2 oz. dawn dish soap
1 oz. rubbing alcohol
Fill the rest with water.

Laundry Detergent

Make your own laundry detergent with this money saving recipe. This recipe makes 9 pounds and in 2024, costs about \$20 to \$25 dollars. It's enough to last up to a year for a family of 4.

2 lbs Borax
2 lbs baking soda
2 lbs washing soda
1 $\frac{1}{2}$ bars Fels- Naphtha or Castile bar soap
1 small container of Oxyclean

Mix together in a large container.
Use 1 - 1 $\frac{1}{2}$ Tablespoons per load.

Shower/ Tub/ Toilet Cleaner

Costs \$0.63 to make an 8 oz. bottle.
 $\frac{1}{3}$ cup Dawn dish soap
 $\frac{2}{3}$ cup white vinegar

Spray in tub let sit 5 to 30 minutes then scrub clean

Personal Hygiene

Personal hygiene is really important for a lot of reasons. It helps keep us healthy and also keeps other people healthy. Here are some important things to know about personal hygiene and why it matters so much:



Physical Health

- **Preventing Diseases:** When we practice good hygiene, like washing our hands, we can stop the spread of sicknesses. Washing our hands can help keep our stomach, digestive tract, and lungs healthy.
- **Taking Care of Our Skin:** When we keep ourselves clean and moisturized, we can avoid skin infections, acne, and other skin problems.
- **Taking Care of Our Teeth:** Brushing and flossing our teeth every day helps prevent cavities, gum disease, and bad breath.

Mental and Emotional Well-being

- **Feeling Good About Ourselves:** When we take care of our personal hygiene, it can make us feel more confident and good about ourselves. Being clean and fresh helps us feel comfortable when we're around other people.
- **Taking Care of Our Minds:** Having a routine that includes personal hygiene can help us feel more organized and normal, which is good for our mental health.

Social and Professional Life

- **Being Accepted by Others:** People expect us to have good hygiene, so if we don't, it can make us feel left out and different. It shows respect of others when we keep ourselves clean. It makes it easier and nicer for them to be around us.



- **Looking Professional:** When we're in professional places like work or meetings, it's really important to have good personal hygiene. It shows that we pay attention to details and respect our coworkers and clients.

Public Health

- **Helping Our Community:** When we practice good personal hygiene, we can stop the spread of diseases in our community. This helps our healthcare system because there won't be as many sick people.
- **Controlling Epidemics:** When there are outbreaks of contagious diseases, it's really important to practice good personal hygiene. This means washing our hands and keeping things clean to stop the spread of germs.

Practicing personal hygiene

While not everyone washes their hair or takes a shower every day, it's important to make sure you do when your body or hair gets dirty (or when you start to smell!). Brushing your teeth and keeping your hands clean should be an everyday deal. Here are the basics in personal hygiene:

- **Washing Our Hands:** We should wash our hands with soap and water often, especially before we eat, after we use the bathroom, and after we've been in public places.
- **Taking Care of Our Teeth:** We need to brush our teeth at least two times a day, floss, and go to the dentist regularly.
- **Keeping Our Bodies Clean:** We should take regular baths or showers, keep our nails clean and short, and wear clean clothes.



- **Taking Care of Our Hair:** It's important to wash our hair often and keep our scalp clean.
- **Keeping Our Nails Clean:** We need to make sure our nails are clean and short so that dirt and germs don't get stuck under them.

In conclusion, personal hygiene is really important for our health and the health of others. It helps prevent diseases, makes us feel good about ourselves, and helps us fit in with others. By practicing good personal hygiene, we can keep ourselves and our communities healthy.

Taking care of your body is really important for staying healthy. It helps protect you from getting sick and helps you feel good about yourself. When you practice good hygiene, you are also more likely to be accepted by others and do well in your job. By keeping yourself clean and healthy, you can make a positive impact on the people around you.

DISCUSSION QUESTIONS

1

Why is it important to have a clean and organized home?

2

What problems can occur when your living environment is messy or dirty?

3

How does having a clean and organized living space make you feel?

4

How can having good personal hygiene affect your physical and emotional health?

5

How does practicing good personal hygiene show care and respect for others?

6

How do you practice personal hygiene in your daily life?

Christ-centered Corner

Extra encouragement from a Christian perspective

It is important to keep ourselves and our homes clean. This is because our bodies are special places for God's Spirit, and when we take care of our personal hygiene, we show respect for our bodies and honor God. Keeping clean also helps us stay healthy and avoid getting sick, which allows us to better serve God and help others.

Taking care of ourselves not only benefits us, but it also shows kindness to those around us. We don't want to make others uncomfortable with bad smells or spread germs. As Christians, we believe that we should take care of the things God has given us, including our homes. Keeping our homes clean is part of being responsible and showing good stewardship.

The Bible tells us to be welcoming and kind to guests, and a clean home can make people feel welcome and loved, just like God loves us. Additionally, having a clean and organized home can help us feel peaceful and happy. The Bible teaches us to do things in an orderly way, and having a clean home can reflect a heart and mind focused on God.

Following biblical principles of cleanliness not only includes physical cleanliness, but also being pure and clean in all parts of our lives. Being clean helps protect those who are vulnerable, like kids and older people.

As Christians, we believe that taking care of ourselves and keeping our homes clean are important. These practices show respect for our bodies, responsibility, kindness to others, and create a peaceful and welcoming environment. By doing these things, we honor God and contribute to our communities.