



Spring Cleaning With Your Teen

Warm days and end-of-school activities bring endless “I need” requests. Use this time to teach. Talk about costs and money. Trade hours of work for new clothes and activity fees. Include your teen in the spring cleaning ritual. It is a good way to make room for new items and prepare for summer.

- Set a date and time. Your teen will be pre-warned and will know not to make plans. Let him schedule it when he does not have plans. Post the date and time in a place where everyone can see it.

- Make a list of what you expect her to clean. Be specific. Answer questions. Let her know you expect success.

- Arm your teen with organizers, storage bins and hangers to help him organize his room. Let him shop with you after he decides what he needs.

- Find three bags or boxes for each teen. Label them with “garbage,” “give away,” and “save for later.”

Get rid of the garbage immediately. Donate the give-away bag as soon as possible to a charity.

- Help her start the cleaning process. Check on her often. Divide the room into small tasks: the closet area, the bed, the desk.

- Give an incentive. Increase the week’s allowance. Buy him a movie rental or movie ticket. Go out to eat as a family after spring cleaning is done.

- Let your teen rearrange her room. If possible, let her buy posters, a new lamp or bed linens that she likes.

- Look at the clean room. Point out changes that are well done.

Call the Parent Help Line. We listen. We can find you help.

1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m. , 7 days a week.