

Clean Up

We speak to the owner of domestic cleaning business Poppies, Dan Reid, for advice on making your Passover spring clean a refreshing experience rather than a chore.

The spring season is here, meaning it's now time to dust off 2021 with that much needed clear-out. But tidying up your home doesn't have to be a daunting experience. By being methodical with your approach and getting the children involved, your spring clean can be an enjoyable family-bonding activity to create a more liveable home in time for summer.

Create a schedule

You certainly don't need to complete your spring clean all in one day. Making a checklist will give you a great idea of how to break your time down into manageable chunks, outlining each room with a designated task assigned to it. Tackling a few projects at a time will also ensure you stay motivated and fight the overwhelming impulse to quit.



Discover the culprits

Once your schedule is made, it's worth identifying the nasty parts of your home at risk of being dirty, which will require you to put in a little more elbow grease to find and deal with. Remote controls, keys, light switches, door handles, and keyboards are some of the more discreet areas where germs can congregate.

Work from top to bottom

Once you're ready to get going, save yourself time by starting from the ceiling and working your way down. This will force debris downward and keep you from having to re-dust or re-clean your space. If you have a vacuum with an extension, use it to reach cobwebs and dust from your ceilings and light fixtures first, before moving onto the furniture and then the floor.



Declutter

A decluttered house means a decluttered mind, with heaps of evidence indicating that a disorganised home adds to your stress levels. When working from home, this stress can

also send a signal to your brain that your work is never complete. Think about dusting and organising your home office, wardrobes, and that dreaded desk drawer - we all have one!



Hit the refresh button

Springtime isn't just an opportunity to clean, it's also about giving your home a much-needed refresh. Adding new colourful pillows, replacing soft furnishings, or even completely rearranging your existing space are some small changes to help make your home feel light and fresh for the warmer months ahead.

[Poppies.co.uk/leeds](https://poppies.co.uk/leeds)

