Home Economics

Household and Personal Management Skills

Becoming a daughter with purpose

By: Amy Maryon
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Of course, I would appreciate an acknowledgment but it is unnecessary. I operate under the honor system and hope my readers do as well.
From the author:

Our society has lost the fine art of homemaking. The push to excel in employment outside of the home is what is deemed successful. We are taught to micromanage, multitask, and be proficient at keeping a clean and neat work zone. Why is it that so many people excel at this in employment but fail when it comes to applying it at home? Structure at work is important because work itself is important. We need money to survive, thus we put most of our attention to where we would receive an “outcome” such as a paycheck at the end of the work week. Being able to maintain a home will help you just as much as a paycheck will help you in life. Learning home skills makes you self sufficient, saves you money, keeps you healthy, can make you creative, and boosts your social skills.

The best way to learn how to do something is to learn from someone who has gone before you (and who does this on a daily basis with 10 children) AND to practice it again and again. I hope you enjoy learning these skills and benefit from putting them into practice.

Be blessed and enjoy,

Amy Maryon

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About this course

This course is designed to be completed as one semester of Home Economics. It is divided up into weekly lessons. If you would like the second half of this course, I encourage you to check out the Kitchen Skills book for the remainder of the year. With both these courses, you will be quite skilled in the areas of Home Economics.
# Table of Contents

## Week 1
- Your room decluttering/organizing/cleaning
- Learn how to vacuum
- Write a letter

## Week 2
- Bathroom decluttering/organizing/cleaning
- Learn about natural cleaners
- Learn first aid basics

## Week 3
- Living room decluttering/organizing/cleaning
- How to dust
- How to clean windows
- How to be hospitable

## Week 4
- Kitchen declutter/organizing/cleaning
- How to wash dishes
- How to sweep floors
- Making good food choices
- Planning meals for the week and implementing them by shopping

## Week 5
- Dining room decluttering/organizing/cleaning
- How to wash floors by hand
- Planning meals, special diets, and grocery lists

## Week 6
- Laundry
- How to get stains out
- How to properly fold clothing
- Clothing and wardrobe needs
- Holding a donation event

## Week 7
- Basic skin care
- Basic hair care
- Good hygiene tips
- Exercise
- Water

## Week 8
- Mending
- Basic stitches
- Simple sewing projects

## Week 9
- Hospitality
- Meal manners
- Overnight guests
Week 10

- Household maintenance and repair
- Cars and driving

Week 11

- Getting a job
- Writing a cover letter
- Job interview and follow up

Week 12

- Personal finance
- Budgets.

Week 13

- Babysitting
- Ideas to keep children busy
- Babysitter checklist

Week 14

- Unspoken language
- Opportunities to serve
- Personal safety tips
- Goal setting

Week 15

- Becoming a CEO
- Time wasters
- Hands on skill: organizing your room effectively
- Hands on skill: improving time management in five tasks

Week 16

- Putting things away
- Avoiding clutter
- Hands on skill decluttering my room
- Hands on skill decluttering other areas of our home

Week 17

- Establishing a morning routine
- Hands on skill: getting a routine started
- Weekly cleaning
- Hands on skill: making a schedule

Week 18

- On becoming a woman
- Tips to help
- PMS