

## Young Man Life Skills

Week 4

### How to dust

Your goal when you are dusting items is to get rid of the dust. The best way to do that is with a microfiber cleaning cloth. Depending upon what I am cleaning, I have one for wood and one for non-wood items. I spray the cloth first with wood cleaner or window cleaner and then wipe the items down. The cloths will capture the dust.

If you have items with intricate carvings, use a clean-natural bristle paint brush to remove dust out of the tiny nooks and then wipe with a microfiber cloth.

When you are dusting, make sure to wipe around the entire object. If you are able to move it and wipe under it, then great. If not make sure to do all around it. If it is close to the floor, make sure to wipe along the bottom to remove any pet hair.

To help cut down on dust in your home, make sure to clean any furnace, dehumidifiers, or air conditioner filters at least once per month if not more. This will make them more efficient and also cut down on the flow of dust in your home.

### How to clean windows

You can clean windows in one of two ways, by using a squeegee blade or with window cleaner and a microfiber cloth.

To clean with window cleaner and a microfiber cloth, just spray and wipe the window. If you are doing both sides of the window, wipe each side in a different direction to see where you have left the streaks at. I remember learning how to wipe windows with an old newspaper. It works great and does not leave any lint residue. Crumble it up and wipe as you would with a rag. Baby cloth diapers that have not been dried with fabric softener remove dirt and leave no streaks behind as well. But if you do not have these items, a microfiber cloth works great.

**\*\*Do not wash your microfiber cloths with fabric softener. They will leave a streak on your windows as you are washing.**

If you have a squeegee blade, this is a fun tool to wipe windows with. If you are washing indoors, place a towel on the window ledge to catch drips. Using a sponge, wash the window with a solution of ½ vinegar and ½ warm water. Take the squeegee, wet the blade, then wipe from the upper corner of the window pane towards the bottom. Draw the squeegee down in a straight stroke. Return to the top and repeat, slightly overlapping the first stroke. After each stroke, wipe the squeegee off with a cloth. Finish by pulling the squeegee across the bottom of the window and dry the sill with a cloth.

## How to clean a bathroom

I believe that every young man should need to know how to clean a bathroom. Bathrooms can be a relaxing peaceful place or they can be a smelly, disturbing place. The best way to get rid of odors in the bathroom is to remove the source of the smell. It doesn't work to just cover it up, by spraying chemically laden cleaners, and fresheners. Pinpoint the source and get it gone.

We will start with the sink. Take your all purpose cleaner, and spray it on the surface of the sink. Use your sponge and wipe down all areas of the sink. Pay careful attention to the knobs and the back of the sink, which can accumulate mold. Wipe the ledges and any walls near the sink. Toothpaste and soap can get splattered and hardened in this area. If your sink is dirtier and needs a deeper scrubbing, you can use something with a little grit. Use a scrubbing powder to remove grim from the sink. Sprinkle it on the bottom of a damp sink and scrub with your sponge. Rinse all areas down by wiping them with your sponge that has been rinsed in warm water.

Once a week you will need to take notice of the fronts of your sink cabinets. Spray some cleaner onto your sponge and do a thorough wiping of all of the fronts and knobs of your sink base. Continue around the entire thing, removing dirt and grime. Rinse your sponge as needed in the sink.

Wipe the mirrors and check them daily to remove any toothpaste or mess that is on them. If you have light fixtures, every 6 months clean them thoroughly.

Next, let's do the toilet. I can hear the cheers now 😊 I clean a toilet the old fashioned way, with a sponge or rag. I find that the brushes that some use in the bathroom, do nothing but collect bacteria. It is also one more thing that is sitting in your bathroom. It is really not a big deal just wash your hands when you are finished, you will rid your hands of bacteria. I promise, you will be all right 😊 Give the toilet a flush. Next sprinkle the toilet with the scrubbing powder and let set. Spray the toilet liberally with your all purpose cleaner. It is okay to get it on the rims and sides of the toilet, you will be wiping them off. Then you are to dive in. Start by taking your sponge and wipe the insides of the toilet in a circular motion. Do the visible areas, and then do under the lip of the toilet. Usually where the water level sits, bacteria forms at and below that. Wipe down inside of the tunnel, all around. Then give the toilet a flush. As it is flushing, swish your sponge to remove yuck off of it.

Spray the rim of the toilet and the bottom of the seat. Wipe the rim all the way around it. Continue down the sides of the toilet. If your toilet is extra dirty, squish out the sponge in the toilet water and re-spray the outsides of it. The water inside the toilet is clean now that you have cleaned it, so you can use it as a bucket. Wipe around all of the bends and crevices of the toilet. Wipe the seat and especially around the hinges. Rinse the sponge in between areas. Reapply more cleaner. Do the seat and then the tank of the toilet. Wipe the handle-as it is probably the dirtiest and oftentimes overlooked for cleaning. Rinse out your sponge again and spray the base of the toilet. Do all around the bottom where it attaches to the floor. Urine accumulates often down here. Do all around the back and the floor around the toilet. You are working downwards and outwards from your toilet. The dirtiest to the cleanest.

An area that doesn't usually get wiped is the walls around the toilet. Unfortunately this area gets dirty and can be a cause of smell. Especially if boys use this toilet 😊 Spray and wipe it. Rinse the sponge afterwards so you can continue cleaning. Work away from the toilet and do the entire floor. Notice the baseboards and if they need wiping, do so. Wipe any lower walls that look dirty. Keep rinsing your sponge in the toilet to remove debris and grime. Continue spraying and wiping until the entire floor is cleaned.

Your bathroom is probably smelling and looking pretty great now. We unfortunately have one more area to clean---the bathtub. I like to take my powder cleaner and sprinkle liberally into the bottom of the tub. I add a little bit of water to make it damp and start scrubbing. I have a green pouf scrubbie that grabs grime better than a regular sponge. I do the entire bottom of the tub, and work up the sides. Move up around the ledges and remove any soap bottles and wipe underneath them. Work your way up the tub walls, paying careful attention to the corners and crevices. You can sprinkle the powder cleaner directly on your wet pouf. Do around the knobs and faucets as well. Take the shower head and rinse down the tub from top to bottom. When you think you are done, run your hand around the rim of the bottom of the tub. Do you feel any grime? Go back over that area.

Take note of your shower curtain. About once per month you should wash this. Put it in the washing machine with some heavy towels and that will help scrub the curtain. Hang it up wet to dry.

To finish, wipe the outside of the tub and any areas around it.

Look around at any walls that you did not wipe and wipe as needed. If you notice cobwebs on the ceiling, wipe them with a broom.

If you have a trash can in here, empty it regularly. If the inside is dirty, pick out the stuck on trash. Line it with a plastic grocery bag. It will make emptying it easier.

All right, you have done it. You completed probably the most dirtiest room in your home! I pray you did it with a cheerful "delightful" heart.

Remember to remove odors don't just cover them up, get directly to the source and get rid of them.

## How to wash dishes

Some of you may just use the dishwasher, but washing them by hand is a much more efficient way to getting them done quickly. It takes only a few moments and will use less water.

The BEST time to do dishes, is IMMEDIATELY after they are dirty. If you leave dishes for a few hours or until the morning, the food is caked on and it makes it twice as hard to get them clean. It is best just to do them as soon as you are finished eating. It makes for a clean kitchen and then it is something you won't have to worry about because it is done.

1. Start by removing all foods and liquids from your dishes. Plug the sink, and start to fill with hot water. Squirt a few squirts of dish soap as it is filling up. The hotter the water, the better to remove bacteria.
2. Place your silverware in the bottom of the sink. Then your plates, bowls, and finally cups. If you have any casserole pans or pots, fill them with some soap, water and let them sit next to the sink, while you are doing the other dishes. This will give them opportunity to soak and make clean up easier.
3. Begin by washing any glasses or cups. Wipe the inside and pay attention to the lip where the mouth touches. I like to wash with a microfiber dish cloth. I have switched from sponge to these because of the bacteria growth on the sponge after sitting out for days. Every night, I throw them into the wash and get a clean one out for the next day. Rinse these in hot water, to remove all of the soap. Set to dry on the rack or towel.
4. Next move onto plates and bowls. Carefully wiping the entire object. Rinse thoroughly with hot water and set to dry on towel or rack.
5. The silverware is last, this allows it to soak for awhile as you are washing the other dishes. Don't just grab them out of the sink, wipe each item to make sure that you remove any food left on it. Rinse in hot water and set to dry.
6. Lastly wash and scrub serving bowls, pans and pots. I like to use my abrasive scrubber to get caked on foods off easily. If you have had your pan or pot soaking, it will help to remove the stuck on food much easier. What if you have food that is burned on the bottom, making it impossible to remove? Sprinkle some baking soda over a wet pan. Let it sit for about 15 minutes while you go about putting away the other dishes. Come back and start scrubbing with an abrasive pad or steel wool. If it comes off easily then great, if not, sprinkle it again and let it sit longer. I have had to let items sit overnight to remove some burned on turkey bacon.
7. Make sure and dry all items before putting them back in your cupboards. Wipe up any wetness from the countertop, hang up your towels to dry, and wipe up any water splashes on the sink. Check the front of your sink to remove any water that may have dripped down.

To cut down on the amount of dishes that I do have after each meal, I like to wash them as I am preparing them. This helps not to have an overwhelmingly full sink after a meal.

## **How to sweep floors**

Floors can accumulate lots of dirt especially when you have a number of people walking all over them. The kitchen is usually a high-traffic area where food can get dropped and sometimes pushed in the corners. Sweeping a floor isn't too hard of a job. Usually it just takes practice at noticing that you forgot to sweep an area.

First thing that you do is to remove any rugs and objects off of the floor. Carefully pick up rugs and take them outside to shake. Don't shake them indoors, it will only make more of a mess.

Choose a broom that is comfortable for you, one that is light and not heavy. Angled type brooms work great for getting into corners and this is especially helpful in the kitchen. My favorite broom is a rubber broom. You can find these online and are fairly inexpensive. They pick up dust and hair more consistently than a regular broom.

Try and keep continuous contact with the floor, without pressing the broom strands down on the floor. Pay attention to corners and edges, where dirt can easily get left behind.

Begin on a section away from your body and work towards your body, in a gentle sweeping motion. Some people like to work on the perimeter and end up in the center of the floor. Others, who have a larger area to sweep, might prefer to sweep from one side of the room to the other, by pulling the dirt with them. Whichever method you prefer, the more you do it, you will realize the most effective way to sweep.

Carefully sweep your pile of dirt into your dustpan and carry it to the trash. Be careful to avoid any overhead fans that may be on, to disrupt your dirt pile 😊

To check for thoroughness, you can run a rag along the edges of your floors to see if you were effective at picking up all of the dirt. If you didn't, you may have to go back over that area again.

## **How to wash floors by hand**

Why would you need to wash the floors by hand when you have all these great devices that allow you not to have to get down on the floor? The answer is simple....for the thoroughness of doing the job by hand. For the most part, you can get away with doing this on a daily basis, depending upon the traffic in your home. But as a rule of thumb, you should give your floors a good hand wash scrubbing about once per week.

Even though we have many devices that do a good job of cleaning on a day to day basis, sometimes a more hands on approach is needed. When that dried, stuck on food won't move, a good hand scrub will do the job. Corners get dirty by pushing the dirt into them, that the pad cannot pick up. A sponge mop just pushes the dirt around. A microfiber one picks up the dirt better. But by using your hands and a good cloth, you can make sure that all of the dirt and caked on food gets wiped up.

Begin by having your floors swept. This eliminates the need to pick up so much dirt with your rag. Then grab a bucket filled with warm water and cleaner. I use a microfiber cloth and it eliminates the need to have to use any other tool to “scrub” the floor with.

A safety tip to remember is to make sure that no one will be walking on the floor. If there are little ones in the home, get a fan so that the floor can dry quickly.

Start at your farthest away corner. Wring out your rag and begin wiping across the floor. It doesn't matter what “pattern” that you use. Just be consistent. Work from left to right, back to forward. Make sure that you pay attention to the kick plate under your cabinets.

As your rag picks up more dirt, wring it out in the bucket and continue wiping. If you have overhead fans, I recommend turning them on. Continue working your way out of the room picking up any dirt in your rag as you go. Don't just push the dirt, pick it up in the rag. Think of scooping the dirt and grime from the floor into your cupped hand while wiping it.

Any stuck on food that won't get removed by the microfiber cloth can be done so with a flat spatula. Carefully scrape up the food and pick up with the cloth.

Dump the bucket into the toilet. This will prevent things from getting stuck in your sink drain. Make sure that the floor is thoroughly dry before walking on it.