



SPRING IS HERE!!

Let's Enjoy



It's that time of year when the days bring on the sunshine and warmer days.

Make physical activity a priority!!!

It is Spring time and we can get outside to walk, ride the bike, work in your garden, etc.

When the whole family is involved in physical activities together, children learn that being active is fun and makes you feel good. And busy parents can combine family time with exercise time.

Working together as a family to prepare a list of activities you would like to do together is a starting point. Make sure your list of activities are things everyone can do and enjoy together.

Try to plan at least one activity a week to do together as a family. When family schedules get really busy, going for a walk or riding bikes together may be the easiest thing you can do.



What About Cleaning and Clutter Control.

House cleaning and clutter control have several advantages for the family:

- There may be less chance for the spread of disease during cold and flu season.
- There may be fewer problems from pests such as cockroaches and mice.
- Family members with allergies and asthma may experience fewer problems.
- There may be less risk of food-safety problems.
- Appliances will likely run more efficiently.
- The family may experience fewer problems with the organization of their belongings.

Organizing Your Home

Research shows that organized living, playing, and working spaces tend to be less stressful when our items of life, play, and work are easily accessible.

Organized living and working spaces help us spend less time hunting for lost or misplaced items. We may find it easier to engage in leisure activities in well-organized living spaces. Living spaces are more likely to be healthful environments when kept free of excessive dirt, discarded food, and other bacteria and germ related debris.

To promote healthful living environments, we can follow a few basic cleaning guidelines.

- Keep kitchen appliances free of food spills.
- Keep refrigerators cleared of food that is older than is safe.
- Appliances that are kept clean run more efficiently, saving energy and repair costs.

The frequency of cleaning any one place in our living spaces depends on several factors:

- The number of people residing in one living space.
- Types of activities taking place in the living spaces.
- Personal preferences for organization and cleanliness in the living spaces.

Often one person in a household will have different preferences for organization and cleanliness in the living spaces than another person.

Conflicts could arise about who should pick up and clean up and how often. Household members will need to work out these conflicts. Talk to other household members about dividing the work in age-appropriate ways. A schedule provides guidelines that help eliminate the problem of excess clutter, so cleaning doesn't become an overwhelming chore. Your family may decide that some of these tasks should be done more frequently or less frequently than suggested.

Work together as a family to get the job done!!!