

HELPER TASK LIST

DAILY TASKS:



- Wash breakfast/dirty pots
- Vacuuming
- Dusting
- Light clean of bathroom
- Wash any laundry and do any ironing (*put clean clothes away*)
- Hand wash baby clothes/delicate items (*if required*)
- Light clean of the kitchen: worktops, the cooker, stove, sweep floor
- Prep or cook dinner (*chopping veggies etc.*)
- Prep kids' lunch boxes for next day
- Empty rubbish bins
- Take kids for activities (*as instructed*)
- Pick up and drop off kids at school/school bus (*if required*)
- Bathing bedtime routine for kids (*if required*)
- Prepare babies bottles (*if required*)



WEEKLY TASKS:



- Deep clean bathroom wall tiles and floor
- Deep clean kitchen wall tiles and floor
- Deep clean of oven
- Disinfect/mop all other floors (*be careful of electrical cables*)
- Clean and disinfect rubbish bins
- Dust inside lampshades/light bulbs
- Clean skirting boards (*with vacuum cleaner and/or cloth*)
- Wash and change bed sheets
- Clean mirrors
- Weekly food shop
- Prepare meals to freeze for the week ahead
- Deep clean of kids' rooms



ADDITIONAL TASKS (*once a month or as and when needed*):



- Clean interior windows
- Empty and clean kitchen cupboards
- Tidy inside clothing draws (*Marie Kondo folding*)
- Wash bath mats and shower curtain
- Clean inside wardrobes (*dust bottom and shelves*)
- Clean air conditioning units
- Clean inside sideboards/TV stand/large furniture
- Check for mould and deep clean behind large furniture
- Empty and clean the fridge and clean behind the fridge
- Clean washing machine and behind the washing machine
- Clean dehumidifier
- Deep clean of rugs
- Take curtains to dry cleaners (*only when asked*)
- Wash baby car seat and pushchair cover (*only when asked*)
- Sort out (*outgrown*) kids clothes to give away

