

THE NEW SUPERMOM

**HOW TO HAVE
A CLEANER HOME
AND A HAPPIER FAMILY
- WITH LESS WORK!**



The New SuperMom!

How to have a cleaner home and a happier family
–*with less work!*

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<http://www.choresandchecklists.com>

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Introduction

Welcome! Since you're reading this, I'm going to guess that your life may be a little chaotic right now (or maybe more than a little!). How bad is it? Let's start with a quiz. Please complete the following sentences:

My house....

- 1) looks like a bomb went off at Toys-R-Us
- 2) never seems clean no matter how hard I try.
- 3) Is usually ready for unannounced company

My children's room(s)...

- 1) are so messy I don't remember what color the carpet is
- 2) get picked up only when I freak out about it
- 3) get messy, but are tidied up every day

My children's responsibilities include...

- 1) ummmmm....
- 2) they do their homework and dress themselves
- 3) they take care of themselves and contribute to the family

When I ask my kids to help out with something...

- 1) they come down with mysterious illnesses
- 2) they ask "how much will you pay me?"
- 3) they say, "okay, Mom!"

When my kids grow up and move out....

- 1) they may not be able to tell the washer from the dryer.
- 2) they'll probably be 35 years old
- 3) they'll have me over for dinner once a week

My children...

- 1) only get along when they unite against me.
- 2) argue a lot and I try to tune it out.
- 3) get along pretty well and generally respect each other.

My idea of down time is....

- 1) locking myself in my bedroom so I can read this eBook
- 2) I'll let you know the next time I have some.
- 3) chores are done, kids are in bed, and I'm not too tired to have some "me" time

So you can see where I'm going here, right? If you answered mostly 1's and 2's then you have come to the right place! (If you answered mostly 3's, you should consider a career helping other families get organized!) Let's figure out where you are in the spectrum so you can see what it will take to get you on course.

<p>“If you don't change direction soon, you'll end up where you're going.”</p> <p>--Professor Irwin Corey <i>American vaudeville comic and actor (1914 -)</i></p>		
 <p>Crazy Woman!</p>	 <p>Losing It...</p>	 <p>Om sweet Home</p>
<p>You're furious. The family takes you for granted. You're living in what the FlyLady calls CHAOS (Can't Have Anyone Over Syndrome). The kids' clothes and toys taking over the house. You're tired of feeling angry at your kids and spouse. If they would just lift a finger... Something has got to give and soon...</p>	<p>You're frustrated. You feel like a hamster on an exercise wheel trying to do all the work yourself: taking care of the cooking and laundry and cleaning when you have time. It's impossible to get caught up because the kids mess things up in a matter of minutes. Resentment is building and no one is happy.</p>	<p>You're content! Life is good! You have a mostly clean, mostly tidy home most of the time. You enjoy time with your kids and spouse, and everyone gets along. Everyone in the family understands that they are expected to help out, and shares the cooking, cleaning and laundry with no nagging.</p>

The good news is that you can decide which column you want to be in! If you are stressed out and want to move over to Zen, you have the tools you need in your hands (well, on your screen).

It's taken a few years, but I have finally realized that this is what a perfectly clean house with happy children looks like:



Get it? No image available for a perfectly clean house with happy children all the time. So don't even try it. **What you can have, though, is a home that can bounce back from the normal mess and wear and tear that comes with kids and their stuff.**

So let's get rid of the Martha Stewart vision and try for a more realistic goal: to have the **Three M's: a mostly clean, mostly tidy home most of the time.** The only way to do this without losing your sanity is to enlist help from the family.

The 3 M's: mostly clean, mostly tidy most of the time.

Why you should ignore both June Cleaver and Rosanne

The phrase "SuperMom" has been used to describe the fictional mothers of the 1950's, like June Cleaver (from *Leave it to Beaver*) or Margaret Anderson (from *Father Knows Best*). I wasn't around for these shows, but those female icons left a mark on our culture that lingers even today. They were **stay-at-home moms who had everything together—perfectly clean houses, elaborate meals, and minimal family strife. But, as an entire generation of mothers found, this is nearly impossible to attain in real life.**

Jumping ahead to *The Brady Bunch*, Carol Brady had Alice the maid to help keep things in order. (My house would be a lot cleaner with a full-time housekeeper, too!) By the eighties, Rosanne Conner came along and shattered the illusion of the perfect home and family, and that's a good thing. Rosanne finally challenged the unrealistic cultural expectation for working moms to accomplish (after a full day of work!) what took June Cleaver eight hours. Hooray! But...I want less chaos and conflict than the Conner household. Is that so wrong?

So what's new about the “New SuperMom?”

I'm redefining the term SuperMom to mean someone like YOU. You're smart and busy. All you really need are some hands-on strategies to enlist the kids in household chores. **The New SuperMom doesn't do it all because she doesn't have to:** she has **realistic standards** for the home, somewhere between Cleaver-spotless and Conner-squalid. And family chores? She **delegates** to avoid both drudgery and chaos. She uses chore charts and checklists to keep track of her expectations and the children's responsibilities. **Congratulations! You have in your hands the tools you need to become a SuperMom!** You're about to learn practical tips on how to involve kids in household chores—perhaps the missing ingredient from your success so far—to not only lighten your load, but to teach important life skills to your kids.



The New SuperMom has realistic standards for the home and delegates family chores.

When your kids (and partner) join you in household chores, everyone benefits. You'll have more free time than you've ever had before because household responsibilities are allocated more fairly. Your kids will become competent contributors to the household, learning skills that will carry them into adulthood – not to mention an accompanying boost to their self-esteem that comes with feeling valued.

Through about ten years of trial and error, my husband and I have come up with some concrete steps to move:

- from disorder to tidiness (mostly)
- from one person doing the work of the household (me) to shared ownership and responsibility
- from fatigue, resentment and feeling like a gerbil on an exercise wheel to actual enjoyment of being in my home and spending time with my kids.



Your goals are within reach and they're absolutely reasonable...

Your goals are within reach and they're absolutely reasonable. – why shouldn't your kids and spouse participate in the work of the household? Why should your precious time together as a family be tainted with yelling, nagging, bitterness, threats, resentment and hostility?

You're smart (you've downloaded this ebook) and you're tenacious (you've survived this long). I bet you could figure all this out yourself and develop a great solution involving your kids. The good news is that while you *could* do all this yourself, you don't have to. I've already spent months and years thinking, planning, implementing and making mistakes to figure out a chore system that works...all *you* have to do is follow the steps.

The phases and steps outlined here are appropriate for any home, big or small, working families, homeschool families, single parents, parents of preschoolers or teens. Breaking the transformation into stages also makes it easier to stick with it, because there's only so much change you can integrate at any one time. **The structure of this plan is the same for any family, but flexible so that you can tweak it if you need to.**

We hope you've enjoyed this sample. The full eBook, including the 4-phase process for cutting your workload and raising responsible, helpful kids, can be purchased at:
<http://www.choresandchecklists.com/organized-mom.html>