
BUILDING A POSITIVE AND HAPPY HOME FOR CHILDREN



ABSTRACT

In the hustle and bustle of modern life, creating a happy home for our kids can seem like a daunting task. But fear not, for with a little intention and a whole lot of love, we can turn our homes into havens of joy. In this blog, we'll explore the art of "Creating a Happy Home Environment" and dive into strategies parents can use to ensure their children grow up in a space filled with love, respect, and emotional growth. Join us as we discover not only the steps to a harmonious home but also the countless ways our children benefit from a positive home environment.

INTRODUCTION

If you're a parent, exploring your strengths and nurturing your child's strengths is one of the greatest gifts you can give them. Just as you want to feel seen and appreciated for the good you bring to the world, so does your child. Focusing on character strengths gives you a pathway to celebrate what's best in each of you.

I. Creating a Happy Home for Your Child

Here are two important aspects for you, your spouse and your baby



How Do You Create a Happy Home?

Your baby has arrived, and both you and your spouse are relieved and overjoyed. Even as the family celebrates, there are two areas that require your attention – bonding with your child and nurturing your own mental well-being. Here's a look at these two areas.

Bond With Your Child

It is important that you and your spouse spend quality time with your child. No matter how busy you are with your work, it is important to make time for your child. Give him/her your undivided attention and unconditional love. As parents, you play

an important role to nurture, teach and provide a safe and secure environment so that he grows up to be a confident, positive and happy child.

Here are some tips on how to build a strong, happy, and lasting relationship with your little one.

Activities

Find different ways to engage your child and expose him to different age appropriate activities so that he can expand his thinking, communication, social and creative skills, as well as improve his motor skills. Through fun and games, your child will learn to overcome obstacles and solve problems, which are critical in building his resilience as he grows up.

Activities like board games, sports, or home activities like cake or cookie-making session, and simple chores like picking up the toys and folding clothes can have a positive influence on his/her life. Avoid exposing your child to excessive electronic games or media time. Find out more about screen use for your child.

Outdoor fun

Nature is a great source of stimulation and learning for your child. Grow plants with your little one or take him to the park or to the beach and educate him on the wonders of the natural environment. That way, he gets to enjoy the sun, fresh air, learn and bond with you at the same time. Spending more time outdoors can also protect him against myopia.

Reading together

Reading is one of the best activities you can enjoy with your child. Not only do you spend quality time together, you can also enhance your child's learning capacity and inculcate good values as you read to them regularly.

Discipline

Find the right balance in playing the roles of a parent, a teacher and a friend to your child. While it is essential to have a set of rules or limits to govern your child's behaviour, it is important to build a trusting relationship with your child so that he feels comfortable confiding in you about his problems.



Consistent rules in the family provide a secure environment for the child to learn what is right and what is wrong. It reduces the conflicts between parents when it comes to disciplinary measures for your child. Your child will also not be confused when there are clear rules and boundaries for him/her to follow.

Positive reinforcement helps your child grow up to be a confident adult. Therefore, it is important to give your child immediate feedback about his/her bad behaviour and praise your child when he/she behaves well.

Choices

Engage your child by letting him/her choose which story to read, what outfit to wear, what to eat and where to go. However, do not give him too many choices; young children can get confused very easily when that happens. Instead, offer your child two alternatives.

Benefits for your child

When parents make a conscientious effort to bond and establish a positive relationship with their child, this supports his/her healthy emotional and social development. Hence your child:

- Becomes independent
- Makes positive decisions
- Applies good social skills

- Becomes a team player
- Is able to communicate effectively
- Learns to solve problems
- Is positive and confident
- Enhances his motor skills
- Respects and appreciates discipline
- Adopts good behaviour

Nurture Your Own Mental Well-being

Both you and your spouse's mental well-being have an impact on your little one. If you are stressed, angry or depressed, your child will sense it. If you react negatively towards him, it can cause him distress. If you are positive and happy, your child can feel it and he is likely to feel more secure and assured. Thus, it is important to know what your triggers are and find ways to manage your stress or anger.



Here are some ways that you and your spouse can foster mental wellness for yourselves and be good role models to your child:

Lead a healthy lifestyle

- Have three balanced, nutritious meals a day.
- If you need an energy boost in between meals, snack on healthier options such as fruits, vegetable sticks and nuts. Ideally, you should have at least two servings of fruits and two servings of vegetables daily.
- Drink water regularly to hydrate your body.
- Exercise regularly.
- Avoid alcohol and tobacco products.

Nurture yourself

- Aim for at least seven hours of sleep a night.
- Maintain a work-life harmony.
- Take time to do the things that you enjoy or find a new hobby.
- Step back to reflect on your life and make changes if necessary.

Manage your time

- Use a diary or a calendar to keep track of important occasions and appointments.
- Plan and prioritise your daily activities with a to-do list.
- Set realistic goals and reasonable expectations.
- Schedule time for your family and yourself.
- Unload unnecessary tasks and learn to say “no”.

Practise good coping skills

- Maintain a positive attitude.
- Confront unhelpful thinking patterns by considering whether things are really as bad as they seem.
- Manage your emotions by noticing and identifying them, and seeking to understand how they arise.
- Be flexible when confronted with unexpected situations.
- Be aware about your limitations. Try not to overload and take on more than what you can manage.

Seek or accept social support

- Talk it out. Share your troubles and worries with someone you trust.
- Reach out to the people you are close to. Make an effort to spend time with them.
- Make time to be with your spouse. Go on a date and do something fun and relaxing together.
- Get involved in community activities where you can meet new people.
- Seek professional help if necessary.

Your child looks up to you as his/her role model. If you cultivate good healthy habits and coping skills, your child is more likely to follow suit. With a loving, safe and stable environment, your child will grow up healthy and happy.

II. Creating a Positive Learning Environment at Home: Tips for Parents

As a parent, you play a crucial role in your child's education. One of the most important things you can do to support your child's learning is to create a positive learning environment at home. A positive learning environment can help your child feel motivated, engaged, and confident in their ability to learn. Here are some tips for creating a positive learning environment at home:



Encouraging independence and curiosity

Encouraging independence and curiosity is crucial in creating a positive learning environment. By letting children take the lead in their learning, parents can foster their sense of ownership and engagement in the educational process. Children who feel empowered and in control of their learning are more likely to develop a love for learning and to become lifelong learners.

To encourage independence and curiosity, parents can:

- Provide access to a wide range of educational materials and resources, such as books, educational websites, and hands-on learning activities.
- Allow children to choose the topics they want to learn about and the ways they want to learn.

- Encourage children to ask questions, make discoveries, and experiment with new ideas and concepts.
- Provide opportunities for children to take on challenges and responsibilities, such as completing projects, solving problems, and presenting their work to others.

By fostering independence and curiosity, parents can help their children develop a love for learning, a growth mindset, and the skills and confidence they need to succeed in school and in life.

Establish a dedicated study space



Child learning at home

Having a designated, quiet and organised workspace can be crucial in creating a positive learning environment. A designated workspace helps to establish a routine and sets expectations for focused and productive learning. It also provides a dedicated space for children to study, complete homework, and pursue their interests and passions.

To create an effective workspace, parents can:

- Designate a specific area for studying, such as a desk or a table, in a quiet and well-lit location.
- Ensure that the workspace is free from distractions, such as television, loud music, or other noises.

- Make sure that the workspace is organised, with necessary supplies and materials within reach, such as pens, paper, and textbooks.
- Limit clutter and minimise distractions by keeping the workspace neat and tidy, and only displaying items that are relevant to learning.

Having a quiet and organised workspace can help children focus, improve their concentration, and increase their motivation to learn. It can also help them feel more confident and in control, which can positively impact their educational success and overall well-being.

Foster a growth mindset: Emphasise the importance of effort and persistence in learning

Fostering a growth mindset is essential in creating a positive learning environment at home. A growth mindset is the belief that intelligence and abilities can be developed through effort and persistence, rather than just being fixed traits.

Research has shown that children with a growth mindset are more likely to embrace challenges, persevere in the face of difficulties, and achieve higher levels of success in school and in life.

Many children struggle with maths in particular, but fostering a growth mindset has been shown to help children overcome these struggles. In addition, parents can further support their child by ensuring they have the resources they need to learn, like working with a maths tutor for example.

To foster a growth mindset, parents can:

- Emphasise the importance of effort and hard work in learning, rather than just natural ability.
- Encourage children to embrace challenges as opportunities for growth and learning, rather than viewing them as obstacles or failures.
- Celebrate the process of learning and progress, rather than just the end result.
- Provide opportunities for children to take risks and make mistakes, and help them understand that mistakes are an important part of the learning process.
- Show interest and support in their learning by asking questions, offering guidance and feedback, and celebrating their successes, no matter how small they may seem.
- use positive language that emphasises effort, progress, and potential. For example, instead of saying "you're not very good at this," parents can say "keep trying, you're getting better every time."
- Focus on the behaviour, not the child: Instead of saying "You're bad" or "You're lazy," try saying "That behaviour is not helpful" or "Let's work on being more active."

- Use specific praise: Instead of saying "Good job," try saying "I really appreciate how hard you worked on that project."
- Avoid negative comparisons: Instead of saying "Why can't you be more like your brother?" try saying "I know you can do it, you have unique strengths and talents."
- Encourage and support: Instead of saying "Give up, you'll never be able to do it," try saying "I believe in you, let's find a solution together."

By using positive language, parents can help their children develop a growth mindset, and the belief that their abilities and intelligence can be developed through effort and persistence. This can have a long-lasting impact on their learning, motivation, and well-being.

III. Positive Communication with Kids at Every Age



I've learned over the years that the way I communicate with my children determines how they respond to me. My sons often meet me with the same tone that I meet them with. They mirror my respect or my disrespect. In other words, what I give, I get, and this is particularly true now that they are teens. I decided long ago that if I want my children to learn that respectful and kind communication is a part of a loving relationship, I had to model what that looks like.

Positive communication is one of the most practical ways to build healthy, strong relationships. This is important in both our verbal and nonverbal interactions - not just in what we say but also in how we say it, our tone of voice, and our nonverbal cues and behaviors. Therefore, it isn't only the words that come out of our mouths that we can be mindful of but of all the ways in which we communicate.

For example, if I make eye contact and give my full attention, I'm communicating, "You are important to me." If I give my child the silent treatment because I'm frustrated with him, I'm communicating, "You do not deserve my attention or warmth right now." Sometimes what we do not say hurts more.

Keep in mind that the method of communication we tend to carry out in our lives is learned in childhood. This means that, as parents, we are teaching our children how to communicate with every interaction. We can give our kids a head start on healthy relationships in life by teaching them positive communication skills now.

In our culture, we sometimes confuse respecting children with spoiling them.

There is an unfortunate but widely held misconception that we must speak harshly to children for them to listen. You've probably heard a parent say, "Well they won't listen until I YELL!" Sadly, the more often we use yelling or harsh tones to "make them listen," the more often we need to because this is what they become conditioned to. And because this becomes normalized, they will begin to communicate with others that way, speaking harshly to friends, siblings, or even parents. Think back to your childhood? Was this normal in your home? Did your parents often yell or use harsh tones with you? Is this a pattern that you are now unconsciously repeating?

As the adult, and the model, we can learn to get our point across without the booming authoritarian voice you may have been used to hearing growing up. Yelling and threats tend to shut kids down. It puts them on the defensive, activating their reactive lower brain. This makes it difficult for them to think clearly, problem-solve, and respond appropriately.

Being respectful to children doesn't give them the message that you aren't in charge. It tells them that they are respectable, and this is an important thing to believe about oneself.

Once we believe that showing children respect and affording them the basic common courtesy that all human beings deserve is not going to spoil them, we can move past the fear that our kindness will turn them rotten. We are then liberated to treat children as valuable persons, and positive communication is a cornerstone of treating them with value, dignity, and respect.

Communication Styles

Obviously, infants communicate differently than preschoolers, and preschoolers differently from pre-teens. Each stage of childhood requires us to meet them where they are developmentally, and communicate in a way that is clear and concise to their developing brains. The following is an outline

of communication styles through the stages of childhood, adapted from Positive Parenting: An Essential Guide.

Infants: 0-12 Months

Infants communicate with crying, sounds, and nonverbal cues. How we interpret these cues is important in the development of a secure attachment. Nonverbal cues include facial expressions like smiles and grimaces, body movements such as kicking, and gestures like nodding and pointing. Babies also laugh, squeal, and babble in an attempt to communicate with their caregivers.

- Introduce verbiage for emotions early. You can easily do this through reading books about emotions such as Heart's Treasure Hunt.
- Copy her sounds and gestures. Hold a "conversation" with her by imitating her verbalizations and pausing for her to "answer."
- Respond reliably and warmly to cries.
- Mirror his facial expressions.
- Engage her listening skills by talking to her often throughout the day.

Toddlers: 12-36 months

In addition to the cries, sounds, and nonverbal cues of infants, toddlers are beginning to use language to communicate.

- Show interest and respond to attempts at communication. This shows that you value communicating with him.
- Interpret your child's gestures. If he's pointing to his juice cup, you might say, "Oh, you want juice?"
- Sportscast while your child plays. This develops grammar skills and helps with thought organization. "You're driving the train around the track! Here comes the tunnel! You went through the tunnel."
- Give your child a good vocabulary of emotions by labeling and talking about emotions often.
- Show respect for his feelings. Acknowledge and respect his emotions even when you must correct behavior. Feelings are not unacceptable, though some behaviors are. This is a great time to introduce the Time-In ToolKit with its interactive feelings charts and fun time-in activities.

Preschoolers: 3-5 years

Preschoolers want to chat a lot! Establishing an atmosphere where your child is able to freely talk about her thoughts, feelings, and ideas is crucial.

- Ask questions about his day, past events, or how he is feeling. Offer descriptive terms when needed to help build vocabulary.
- Give reasons for your rules. "We hold hands in the parking lot so you don't get hit by a car." "Wear your helmet when you ride your bike to protect your head in case you fall."

- Continue to talk through her emotions. Consider a SnuggleBuddies plush to help further teach emotional intelligence.
- Engage in active listening and summarize back to your child what you heard.
- Make eye contact and show interest. I know they talk a lot, and it isn't always possible to give your full attention, but nods and a conversational back and forth help him feel valuable.

School-Age Children: 5-12 years

They're beginning to view the world in more complex ways. They think more logically and are capable of being more reflective. They also begin to ask challenging questions.

- Ask more specific, rather than general questions, to encourage open dialogue.
- Work together to solve conflicts. Ask your child for his input on how to solve a problem.
- Keep encouraging emotional intelligence by introducing mind-body strategies such as in the MoveMindfully Card Deck.
- Curb criticism and offer lots of encouragement and positive attention.
- Take a stake in your child's interests and be genuinely curious about the things he loves.

Positive Communication in Practice

- Use "I" statements. Rather than "You never clean your room," try, "I would appreciate it if you would clean your room today."
- Look for win-win solutions. Separate the problem from the person. Assess beliefs, emotions, and concerns. Explore and rethink options. Settle on a solution you're both happy with.
- Listen objectively. Our tendency is to be thinking of the best response rather than truly listening to understand.
- Take a break if you're angry and don't attempt to communicate until you feel calmer.
- Speak respectfully. You get what you give.
- Offer lots of encouragement and genuine praise.
- Be mindful of your body language and nonverbal cues.

These positive communication tips will create a family culture where children and adults alike are spoken to with respect and listened to with love. Children live what they learn at home, and all of their future relationships will benefit from having learned these important and positive skills early in life.

IV. 7 Tips for Raising an Emotionally Healthy Kid



That's according to Stacey Doan, PhD, professor of psychological science at Claremont McKenna College in California and coauthor of *Nature Meets Nurture: Science-Based Strategies for Raising Resilient Kids*.

When kids are mentally healthy (a term often used interchangeably with emotionally healthy), they reach milestones in social and emotional development; have strong social skills; cope well with problems; function at home, school, and in their communities; and have a positive quality of life, per the Centers for Disease Control and Prevention (CDC).

Who wouldn't want that for the kids they love?

Many factors can influence a child's emotional health, says Dr. Doan. Some are quite broad and difficult to change, like your neighborhood conditions and access to healthcare, she notes.

But nurturing from caregivers is important, too, says Doan, who studies how relationships support healthy child development. The science even suggests practical strategies for raising emotionally healthy kids that are doable during already busy days. Here are seven tips suggested by experts.

1. Learn a Little About Social and Emotional Development

While you don't need a PhD in child development to parent, it pays to brush up on the basics. "I think it's really important to educate yourself," Doan says.

Knowledge of development (what kids may need and be able to do given their age) helps parents have realistic expectations, according to the American Academy of Pediatrics (AAP). For example, some caregivers worry they'll spoil their babies by

picking them up when they cry, but Doan says that concern is misplaced. “For early infancy, being touched and held is a fundamental need,” she explains.

You can learn the broad strokes from a used child development textbook or free resources on milestones for ages 0 to 17 from the CDC, Doan says. Of course, individual kids will have unique abilities and needs that vary based on their cultural context, personal developmental trajectory, and other factors, she notes.

2. Support Self-Trust

Starting at an early age, help your child learn that they’re the experts in themselves and that no one knows how they’re feeling better than they do, says Rebecca Hershberg, PhD, clinical psychologist and parenting coach in Dobbs Ferry.

You can do this by accepting what kids say about their internal world and not telling them how to feel — even when setting limits on behavior, Dr. Hershberg says.



For example, if your kid insists they’re hungry right after lunch, you can validate their experience without letting it run the show. Instead of saying, “You couldn’t possibly be hungry. We just ate lunch,” try saying, “I know you’re telling me you’re hungry. We just ate lunch, so we’re not going to have snacks right now,” suggests Hershberg.

Youth who are taught to doubt themselves may become teens who don’t trust their gut, says Hershberg. That can lead to trouble, like second-guessing their feeling that a party is getting out of control and it’s time to leave. Research also suggests that when parents habitually dismiss how kids feel, their kids are more prone to emotional health problems and difficulty managing and expressing feelings.

3. Offer Your Full Attention

“Kids are very social, and one of the most valuable things you can give them is your full-on attention,” says Doan. Even five phone-free minutes before bed each day can help nurture their emotional health, she says.

When children don’t get the regular quality time they crave, their well-being suffers. In a review of 13 studies on “technoference” (when digital devices habitually interrupt time together), having parents glued to their phones and other devices was linked to increased depression and anxiety in adolescents.

While young kids tend to be open to parental overtures, teenagers can be trickier, Doan acknowledges. For them, focus on creating the possibility of connection, whether or not they take you up on it. Make it your job to be available, giving, pleasant, and never imposing, she advises.

4. Amplify Positive Moments

Positive emotions not only feel nice, but a review of the research suggests that they build capital that kids can draw on to deal with future hardships, says Doan.

To help your child store up the good stuff, savor small happy moments that are already there, Doan says. If your child comes home from school pleased with a painting, don’t just say it’s nice. Get excited. Ask questions. Prolong the moment. “You’re taking a positive experience and enhancing it,” she explains.

5. Give Chances to Work Through Challenges

While it may seem kind to smooth out as many bumps as possible on your child’s path, this approach doesn’t nurture mental health, research suggests.

For example, in one study, university students who said their parents were overprotective were also more likely to report worse emotional well-being as measured by anxiety, depression, and inability to recognize and describe feelings.

Instead, provide opportunities to practice persistence and support your child in seeing things through, says Doan. Say your child felt nervous on their first day at gymnastics and doesn’t want to go back. Rather than pulling them from the activity, normalize that things are often scary the first time and encourage them to keep going for a while, she suggests. They may never nail a back handspring, but they can learn to handle something hard.

6. Model Emotional Health

When caregivers model mental health, kids benefit, says Hershberg. “Emotional health doesn’t mean spotless, emotional perfection,” she adds. “It’s about emotional awareness and emotional expression.”

Research backs this up. In one study, for instance, fathers who had trouble naming or talking about their feelings said their toddlers had more emotional and behavioral problems than dads who were more comfortable doing so.

Look for ways to have developmentally appropriate conversations about the role of emotions in day-to-day life, Hershberg suggests. If your kids are driving you bonkers in the backseat, tell them you're feeling frustrated and worried the family outing will be a bust. When you name and talk about how you feel, ideally, your kids will learn to as well, she explains.

7. Nurture Healthy Sleep Habits

“When we don't sleep enough — even for one or two nights — we are more irritable, we are more sensitive, we cry more,” says Hershberg. That's why moving a child's bedtime earlier by 15 minutes is one of her go-to recommendations when parents say their kids are having a hard time.

While individual sleep needs vary, the American Academy of Sleep Medicine (AASM) recommends kids sleep between 8 and 16 hours, with younger children needing more hours and teens needing fewer.

According to the AASM, adequate sleep helps emotional regulation and mental health. Related research, including a study involving over 400 infants, also links sleep with healthy social-emotional development.

V. Cleaning And Organising Hacks For Playrooms And Kids' Bedrooms

Keeping a house tidy and organised with kids seems like a back-breaking task. There is a high chance of encountering gear, toys, clothes, books, and other items scattered around the floor when you have children at home. It is because they love creating a mess while playing, eating or even studying in their room.



Unfortunately, too many cluttered things can pose safety hazards, such as falls, tripping, and stepping. Stained or dirt-laden surfaces can also lead to potential ailments, such as flu, cough, allergies, etc, due to lurking germs and bacteria. As parents, it is important to teach your little ones the importance of a clean space from an early age. For that, you need to set up a regular cleaning routine, motivate them and maintain a healthy home in Melbourne.

Today, we will share some of the best organising and cleaning hacks for playrooms and kid's bedrooms. You can involve your children and make it a fun process.

1. Rotate Toys On A Regular Basis

This is one of the smartest hacks to keep a playroom or kid's bedroom sorted and meticulously. Having too many options for play can create obstacles for kids to decide what to use, which can cause a cluttered room.

So, it is good to put seasonal, frequently used, or unused toys in a box or bag inside your closet or in a storage area. You can rotate them in and out to keep your kids excited and curious, as they have new options to play with on a regular basis.

This can also reduce boredom and help you maintain a well-organised playroom. Make sure you declutter all rooms of your rental property before calling the experts for cheap end of lease cleaning Melbourne. They will tackle dirt, stains, grime and grease without causing any damage and help you pass the rental inspection.

2. Add Bins or Baskets: A Great Storage Option For Toys

A playroom is usually packed with different types and sizes of toys that are enough to distract kids. This can even make the room look unorganised and dirty. So, the best thing you can do is install plastic bins or coloured baskets as a storage option.



This will help you and your kids easily organise and store toys, books, games and art materials. While it is easy for school-going kids to put all their toys in a bucket while cleaning up, small ones need your assistance. So, involve them in the process and teach them the right way to organise toys once they are done with their play.

Tip: Use coloured or decorative baskets, or let your kids show their creativity on these storage units.

3. Do a Noble Cause: Donate Toys & Books

It can be tough for your kids, but donating pre-loved toys or books can support underprivileged children in Victoria while making the kid's room spacious and organised.

Sit with your little ones, sort all the toys and let them decide what to keep and donate. This will give them a sense of responsibility, and they can make the right decisions from a young age.

4. Make the Most of Your Walls

There is no denying that easels and other vertical surfaces are perfect for children. However, they take up a lot of space in the room. So, you can use walls as a surface.

Install a whiteboard or use paint to make a chalkboard on the wall. This will save a lot of space and let your kids unleash their creativity. You can also attach bookshelves to the wall if you have older kids.

5. Regular Decluttering is Important

Kid's bedrooms or playrooms are difficult to manage. However, it is good to start the process by clearing the mess. Items like dishes, books, toys, paintbrushes, clothes, video games, etc., should be placed where it belongs.

Include your kids in the decluttering process and let them assist you. You can even create a fun game and set a timer so that they can put everything in designated areas without any boredom or hassle.



For instance, instruct them to put dirty dishes in the sink, books on the shelves, toys in the basket, etc.

Do the same with other rooms and maintain a clean and organised rental property. If you want to pass the final inspection, book experts for a cheap end of lease cleaning Melbourne and the full bond back.

6. Clean and Disinfect Toys using DIY Cleaners

Believe it or not, toys are the most overlooked thing when it comes to cleaning. Unfortunately, they harbour harmful germs and bacteria that can pose serious health threats. So, it is good to make a pile of dirty toys and clean them using white vinegar and soapy water. You can even wash soft toys in a washing machine.

7. Remove Dust and Dirt From Dressers, Closets and Shelves

Mix a few drops of dish soap and warm water in a bucket. Dip a microfiber cloth and wipe down all the hard surfaces. This will help you easily eliminate accumulated dirt, dust, grime and gunk

Use baking soda or hydrogen peroxide to tackle stubborn stains and grease. These products are natural and can easily generate sparkling results.

8. Vacuuming is Important

Remove dirt, dust mites, food crumbs, pet hair and other loose debris from your carpets, furniture and rugs using a HEPA-filtered vacuum machine. Use a brush attachment and clean these areas once a month to promote a healthy air in your kid's room. Make sure you keep the following tips in mind while vacuuming:



- Use the right brush attachment while cleaning your blinds and carpets.
- Vacuum in small sections and repeat the process for effective results.
- Sprinkle baking soda to banish bed smells and germs. Leave it overnight or until you vacuum clean it.
- Empty the filters after every use.

9. Make a Bed Daily

This is one of the good cleaning habits that can make a huge difference. If you have older kids or teens, encourage them to make a bed daily in the morning. They will slowly and steadily adopt this habit and maintain a clean bedroom.

For small kids, you can change their sheets or wash them in hot water to remove dust mites, dead skin cells and other allergens.

10. Sweep and Mop the Floor

Do not forget to sweep and mop the floor when sprucing up your child's playroom or bedroom. The floors are the prime source of lurking germs, dirt, and bacteria. So, sweep the surface and mop it with warm, soapy water to remove tough stains from tile floors.

You can hire professional end of lease cleaners in Melbourne to spruce up the entire property at the end of a tenancy and get the full bond money back.



These are some great organising and cleaning hacks to help maintain a kid's playroom and bedroom. You can religiously follow these practices and give your children a healthy and hygienic indoor environment.

CONCLUSION

When these elements are embraced, not only do children benefit from better physical and mental health, cognitive development, and enhanced social skills, but the entire family thrives in a warm and supportive atmosphere. By investing in these principles, we shape not only our homes but also the futures of our children, offering them the enduring gift of a joyful and loving environment in which to grow and flourish.

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