

Spring Cleaning With Little Helpers!

Spring is in the air, and it's the perfect time to freshen up our homes! This month, we want to share some of the dirtiest things little ones often touch around the house, tips for using cleaning products safely, and how to get your child to have fun while helping clean up.

Babies and kids explore their world with their hands and mouths. To keep them healthy, it helps to know where the germs are hiding so you can keep these spots clean and protect your little ones from infections and diseases.

Bath Toys: Your child goes into the tub to get clean, but their bath toys may hide mold and germs. Make sure to squeeze out the water and let the toys air dry between baths. Give the toys a bath in warm, soapy water or with a non-toxic disinfecting wipe regularly to keep them clean.

Remotes & Cellphones: Our little ones are fascinated by buttons, and what better place to find them than on the TV remote or your cellphone? These items are hubs of germs because they are touched so often and have been everywhere. Sanitize your remotes and cell phones often with a lint-free cloth dipped in soap and warm water.

Stuffed Friends: Cuddly toys may be your child's favorite, but they can also collect dust and germs. To keep them as clean as possible, wash them in hot water every three weeks and dry them on high heat to kill all the germs.

Switches & Knobs: Flipping the light switch or turning the knobs on the sink may be a lot of fun for kids, but those switches and knobs can be hiding germs. Regularly clean with a non-toxic disinfecting wipe to keep those germs at bay.



Storybook Pages: Board books, especially with buttons and music, are touched often, and so collect a lot of germs. Give the pages a gentle clean every so often to keep the magic alive and germs away.

By keeping an eye on these sneaky germ hot spots, we can create a healthier environment for our little ones to play, learn, and grow. A little cleaning here and there can go a long way in keeping our homes both happy and healthy.

For more details on how to clean your children's toys, visit:

- [MSU Extension: Prevent the spread of germs on your children's toys](#)
- [Pottery Barn Kids: How to Clean Baby Toys](#)
- [Clean First Steps: A Guide For New Parents](#)



Keeping our homes clean is a part of our daily routine, but when it comes to choosing cleaning products, safety is a top priority. Kids are more vulnerable to chemicals in cleaning products than adults. Here are some safety precautions to keep your family safe while cleaning.

- Use cleaning products only as directed, following the instructions on the original label.
- Never mix household cleaning products. This can create poisonous fumes and serious breathing problems for you and your family.
- Get some fresh air by opening a window or running an exhaust fan to keep your work area well-ventilated.
- When you're cleaning, consider wearing gloves to protect your hands. It's a simple step that adds an extra layer of safety while keeping cleaning products away from your skin.

- Check that dangerous products have child-resistant closures and store all cleaning products out of reach of children and pets. High shelves or locked cabinets work well.

If you have a question or suspect poisoning, contact the Oregon Poison Center at 1-800-222-1222. They offer free, private, confidential medical advice 24 hours a day, seven days a week.

For more tips on cleaning product safety, visit

- [Oregon Poison Center: Household Products](#)
- [CDC: Cleaning Your Home](#)

You can create a clean and safe environment for your little ones to play and grow by making smart choices with your cleaning products.



WHEN THE UNEXPECTED HAPPENS

Poison Help is Here for You.

**POISON
HELP**
1-800-222-1222



While they may make some tasks take a bit longer, kids ages 2-5 can help with spring cleaning. Being part of the family's cleaning team from a young age will give them a sense of responsibility ... which will make everyone's life easier as they grow. Here are some fun ways to include your kids in cleaning up.

Dust Bunnies, Beware! Grab a soft cloth or a duster, and let your little ones go on a dust bunny hunt! Ask them to find all those sneaky dust bunnies hiding in corners or on shelves. Make it a race, or see who can collect the most. You'll be surprised how excited they get!

Clean Up Captain: Promote your littlest helper and let them choose which chore to tackle next. Ask them to stay close and make sure you are doing a good job. Give them simple ways to help, like handing someone a clean rag or running tiny errands around the house.



Toy Treasure Hunt: Spring cleaning is the perfect time to sort through toys. Create three piles: keep, donate, and toss. Make it a game by setting a timer and see how many toys they can sort before it beeps. It's a great way to declutter and teach them about sharing.

Sock Match Challenge: We all have that pile of lonely socks. Turn sock-matching into a game. See who can find the most matching pairs. Talk about colors, sizes, and textures as you sort to make it a learning game. It's a simple way to involve even the youngest helpers in the family.

Musical Clean-up Time: Put on some lively music and turn cleaning into a dance party! Dance and clean together. Your little ones will love moving and grooving while helping you tidy up.

As we enjoy the freshness of spring, let's keep our homes clean and safe for our little ones. Knowing where germs hide, using safe cleaning products, and involving kids in cleaning up can make it a fun and healthy experience. Turning spring cleaning into a family adventure teaches responsibility and teamwork, creating a happy and safe home for everyone.

 [Pollywog Facebook](#)

 [Pollywog Website](#)

 [Pollywog Instagram](#)

 [Pollywog YouTube](#)

Pollywog Family
6500 Pacific Blvd. SW, LM-132
Albany, OR 97321
541-917-4884, pollywog@linnbenton.edu

Copyright © Pollywog 2017, All rights reserved.