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"Uncover your Peace by Reclaiming your Space"

Tips for House Organization (Feel free to make your own notes!):

Mara Clements, founder of MoreSPACE Professional Organizing, has been empowering others to reclaim their space and uncover their peace for over a decade. Through one-on-one coaching, she helps her clients envision their ideal lifestyle, declutter what no longer serves them, and organize what matters to them the most. Mara is a sought-after speaker who has been featured on WGAL and writes a recurring column for Susquehanna Style entitled "MoreSPACE, More Life". You can find her on the web at www.MoreSpaceOrganizing.com, or follow her on Instagram @morespace_organizing and Facebook @MoreSpaceOrganizing.

Tips for Teaching Children Cleaning Up / Organization

Organization is a skill, and should be taught to kids as a skill. We don't expect kids to do math or to write without learning these skills first, and organization should be viewed in the same way! Here are some helpful tips:

Be clear in your directives. Telling a child to "clean up this room" can feel overwhelming to the child. Also, if the space is really messy, children may lose attention in cleaning up. In this situation, it may be important for you to help guide your child in what and how to clean up, specifically ("Put all of your stuffed animals in this bin".)

Be realistic in what your child can do. If your child's room has no inch of space for you to see the floor, asking them to keep their room spotless is a long-term goal, not a short-term one. As such, if you set up a rule where your child has to keep their room spotless, they likely will not be successful with achieving this goal. Set small, achievable goals to help your child be successful. Approach this as you may approach a goal of healthy living for yourself (e.g., healthy eating; going to the gym). Start with small steps and work your way to bigger goals!

Set aside time for clean up. Monitoring your child's progress, redirecting them, and providing them with positive reinforcement ("You're doing an awesome job cleaning your room!") may be most helpful in achieving your outcome.

Don't be afraid to use rewards. Think of a chore you dislike doing. If I were to tell you to do that chore right now, what kind of feelings does that bring up for you? Your child may feel similarly about cleaning up. What if I told you to treat yourself to some ice cream (or some other fun thing!) that you don't get to do often **after** you finish that chore? Now you might not feel as negatively about doing it! Feel free to use if/then (**if** you clean up your room, **then** you can go outside) and rewards (we can go to your favorite playground/watch your favorite movie when you are done cleaning!) to help motivate your child. This allows you to set them up to be successful!

Ask Your Child. Your child may have an organizational system that works for them, so ask them their thoughts on how they would like things to be organized! Be open to their possibilities as this can empower their decision-making skills and self-esteem! Try their system out for 2 weeks and if that system does not work, change it up!

Stay Calm. We all get frustrated, and that's OK! But if you know what frustrates you about a messy room (step on Legos lately?) and what helps you calm down (walking away, tag teaming with another adult), you can make clean up time more effective! When you get frustrated, take a few minutes to calm yourself down instead of reacting in front of your child. Your negative emotional reactions can lead to behavioral protests (no!) or poor self-esteem from your child.