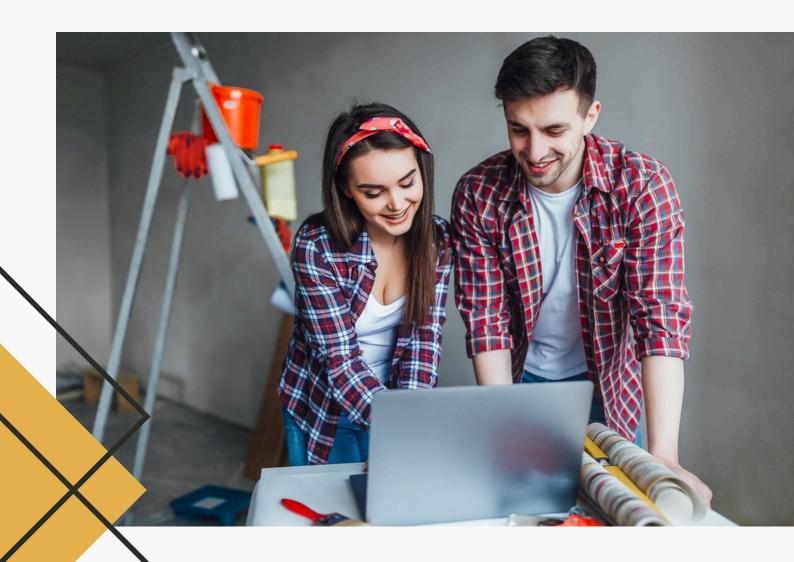# YOUR GUIDE TO
Home
Maintenance
FOR HEALTHY LIVING

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Abstract

Home maintenance is vital for promoting healthy living in Sydney. Regular upkeep, such as cleaning, repairs, and pest control, ensures a safe and hygienic living environment. In Sydney's climate, proper ventilation and moisture control are essential to prevent mold growth, which can cause respiratory issues. Routine maintenance of appliances and plumbing minimizes hazards and ensures efficient functionality. A well-maintained home reduces stress, promotes relaxation, and fosters overall well-being. Moreover, maintaining your property enhances its value and longevity. By addressing potential problems early, Sydney homeowners can create a comfortable, healthy space while contributing to a sustainable and secure lifestyle.

1. Introduction

Maintaining a clean, safe, and functional home is essential for healthy living, especially in a dynamic city like Sydney. With its unique climate and lifestyle demands, regular home maintenance is crucial to ensure a comfortable and healthy living environment. From preventing mold growth in humid conditions to keeping pests at bay, proper upkeep protects your family's well-being and enhances the longevity of your property. This guide offers practical tips and insights tailored to Sydney homeowners, covering essential maintenance practices to foster a clean, safe, and stress-free home. Embrace proactive care to enjoy healthier living and preserve your property's value.

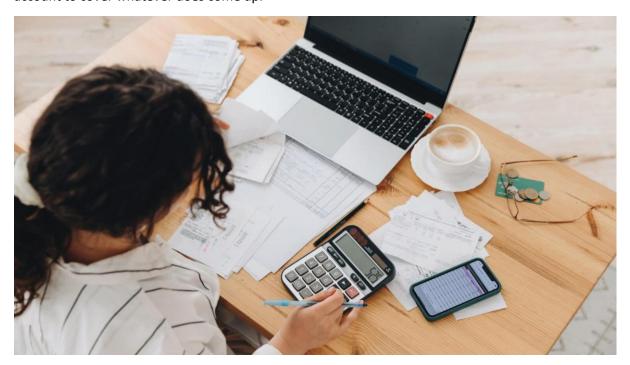# 2. Why You Need To Adjust Your Monthly Budget For Home Maintenance

As a homeowner, you likely save for certain costs every year—property taxes, insurance, utilities and DIY projects—and keep a stash of cash hidden for emergencies. But unlike renting, owning a home also means you're responsible for literally anything that goes wrong, so you can't afford to ignore continual home maintenance costs, either. Here's how to tweak your budget accordingly and prevent unexpected expenses from derailing your financial health.

"Buying a home is a big investment," says Des Moines-based realtor Sara Hopkins. "It's easy to focus on the cost of the home purchase and forget about what needs to be saved for routine home maintenance. I always recommend you put aside around 2% of your home's purchase every year in a savings account to deal with routine maintenance issues."

However, there's a big difference between big-ticket items often covered under a home warranty, like a furnace or water heater or new roof, and routine home repairs and maintenance. "If you've purchased a new home, structural, system, appliance and even landscaping warranties may be in place," explains Sharon Lang, a real estate agent in Northern Virginia. "Start off budgeting 5-10% of your net pay towards a home maintenance fund. While it may seem like you shouldn't have to, there are things that you will need to buy—installation of garage door openers, garden hoses, downspout extenders, door mats, furnace filters, refrigerator water filters, light bulbs, extension cords, batteries, cleaning equipment and supplies."

Other items on the list, per Hopkins: having your HVAC inspected and cleaned, fixing plumbing leaks, pruning trees, pest treatments, repainting siding to keep moisture, and so on. Of course, you can't budget a specific amount for every single conceivable problem, says Sydney City-based real estate

analyst Julie Gurner, but it's still wise to set aside a couple thousand dollars in a specific savings account to cover whatever does come up.

"A good view of annual maintenance and repair budgets for your house is between 1-4% of the purchase price of your house," says John Bodrozic, cofounder of HomeZada. "If your house is less than five years old, then 1% is the appropriate range. If your house is 25 years or older, then 4% is a good number. Homes between 5 and 25 years old might vary between the 1-4% budget."

Why the range? As homes get older, notes Bodrozic, more repair costs tend to consume a bigger portion of your overall maintenance costs. Newer homes, in contrast, required less annual maintenance because the materials are obviously newer, and many elements of the house may still be under warranty. And if you want to get super specific, real estate investor Eric Bowlin recommends building a spreadsheet of all the items in your house that outlines the item, lifespan and total cost—then use that number to calculate how much you'd need to save per year or month for potential repairs or replacement.

According to financial educator and coach Roslyn Lash, monthly saving is the way to go. GoBankingRates.com estimates that the average monthly cost for maintenance is around $1,200, even though it does vary based on the size and location of the house. Lash echoes Bowlin's approach, and encourages home owners to use their inspection report as an overview of upcoming repairs in order to develop or adjust your budget. For example, if your home needs a $5,000 roof in three years, says Lash, you'd want to say $139 per month ($5,000 divided by 36 months) toward it. Also, Bowlin suggests tracking such expenses over the years, which allows you to look back and see what annual maintenance costs have been. At the bare minimum, set aside enough money to cover a couple major repairs per year.

"Plan for the unexpected," says Hopkins. "In Iowa, we often have to have tree roots removed from sewer lines—that's $150-$300, plus the cost of cleaning your basement when it backs up. Or if your dishwasher leaks, or your washing machine overflows. Having a home costs money, but the long term investment is far worth it in the end."

3. The Ultimate Home Maintenance Checklist for Every Season

Like a regular health check-up, a home maintenance checklist and schedule are important for every house's upkeep. Continuing to check on your exterior, appliances, heating and cooling, plumbing, security, and electrical systems will help prevent breakdowns, save money, and keep your home looking its best.

Use this home maintenance checklist to help schedule seasonal updates, repairs, cleaning, and a handful of monthly tasks. Revisit the list monthly and at the beginning of each season to keep your home in prime working condition. If any recommended home repairs and maintenance go beyond your skill level or lead to more complicated projects, consider hiring a professional to help.

Monthly Home Maintenance Checklist

Inspecting your home and completing monthly home improvement projects will keep your maintenance schedule on track and easier to manage. Follow this comprehensive home maintenance checklist each month to help save time and money:

Air Quality and Vents

- Clean the furnace filter to remove dust build-ups, make it easier to regulate your home's temperature, and ultimately decrease energy bills.
- Vacuum heat registers and heat vents.
- Check that indoor and outdoor air vents are not blocked.

Plumbing and Water

- Check the water softener and replenish salt if necessary.
- Clean the garbage disposal by grinding ice cubes, then flushing with hot water and baking soda.
- Inspect tub and sink drains for debris; unclog if necessary.
- Flush out hot water from the water heater to remove accumulated sediment.

Home Safety

- Test smoke alarms, carbon monoxide detectors, and all ground-fault circuit interrupters. Check the gauge and expiration date on fire extinguishers.
- Inspect electrical cords for wear.

Fall Home Maintenance Checklist

In many regions, fall is the perfect season to tackle general home maintenance projects because the weather is usually dry and temperatures are moderate. Before you start your seasonal home maintenance checklist, examine your home's interior and exterior. Most of these tasks can be accomplished without the help of a professional, but it's always better to be safe and call for assistance if a project is beyond your abilities.

Here are our seasonal home maintenance checklist recommendations for fall:

Landscaping and Yard Prep

- Rake leaves and aerate the lawn.
- Remove leaves and debris from gutters and downspouts.
- Practice pest prevention by keeping firewood away from the house, trimming shrubs, and repairing rotten or broken woodwork. Remove any wasp nests hanging from eaves or overhangs.
- Drain and winterize exterior plumbing, including hoses and in-ground sprinkler systems.

Home Exterior Repairs and Updates

- Mend cracks and gaps in the driveway and walkway.
- Touch up exterior siding and trim with paint.
- Power-wash windows and siding.
- Inspect roofing for missing, loose, or damaged shingles and leaks.
- Repair or replace siding.
- Clean window and door screens.
- Replace old, drafty windows for more energy-efficient models.
- Seal cracks and gaps in windows and doors with caulk or weather stripping; replace if necessary.
- Inspect exterior door hardware; fix squeaky handles and loose locks.
- Wrap insulation around outdoor faucets and pipes in unheated garages.

Interior Cleaning and Inspection

- Have the forced-air heating system inspected by a professional. Schedule an inspection in late summer or early fall before the heating season begins.
- Check the fireplace for damage or hazards and clean fireplace flues. Have your fireplace professionally inspected.
- Tune up major home appliances before the holidays.
- Replace the batteries in smoke and carbon monoxide detectors.
- Install a smoke detector on every floor of your home, including the basement.
- Clean carpets.
- Vacuum lint from the dryer vent.
- Check the water heater for leaks.

Winter Home Maintenance Checklist

Winter weather can be harsh on your home. The below-freezing temperatures can cause a number of problems, including frozen pipes and roof damage.

To prevent winter harm and avoid calling a professional in the middle of a blizzard, be sure to check these winter items off your home maintenance checklist:

Exterior Repairs and Updates

- Cover your air-conditioning unit.
- Inspect the roof, gutters, and downspouts for damage after storms.
- Stock up on sidewalk salt and ice melt.

Interior Cleaning and Inspection

- Check the basement for leaks during thaws.
- Vacuum bathroom exhaust fan grill.
- Vacuum refrigerator and freezer coils and empty and clean drip trays.
- Clean drains in sinks, tubs, showers, and dishwashers.
- Set up mouse traps as needed.

Spring Home Maintenance Checklist

Once the ground has thawed and the trees begin to bud, it's time to prepare your home for spring. On top of your regular spring cleaning, you'll also want to consider these general upkeep tips. Use our spring home maintenance checklist to make sure everything in your home, from the basement to the roof, is in tip-top shape:
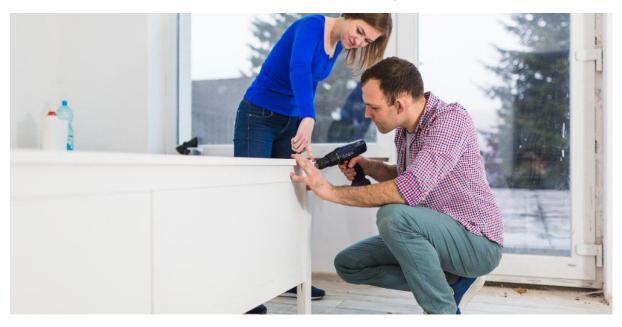
Landscaping and Yard Prep

- Refinish the deck.
- Fertilize your lawn.
- Prune trees and shrubs.

Exterior Repairs and Updates

- Clean window and door screens.
- Remove leaves and debris from gutters and downspouts.
- Have a professional inspect and pump the septic tank.

- Inspect roofing for missing, loose, or damaged shingles and leaks.
- Inspect the chimney for damage.
- Wash windows.
- Power-wash siding.
- Repair or replace caulking and weather stripping around windows, doors, and mechanicals.
- Remove the insulation from outdoor faucets and check sprinkler heads.

Interior Cleaning and Inspection

- Clean faucet aerators and showerheads to remove mineral deposits. Repeat in the fall.
- Change the air-conditioner filter.
- Polish wood furniture and dust light fixtures.
- Replace the batteries in smoke and carbon monoxide detectors.
- Inspect sink, shower, and bath caulking for deterioration.
- Vacuum lint from the dryer vent.
- Have the air-conditioning system serviced.
- Drain or flush the water heater.

Summer Home Maintenance Checklist

When the sun is out, and warm weather is finally here to stay, home maintenance is the last thing you should worry about. Use our quick summer home maintenance guide to get the hard work out of the way at the beginning of the season.

Don't worry if the weather is already heating up; these tasks are indoors:

Interior Cleaning and Inspection

- Remove lint from your dryer vent.
- Clean kitchen exhaust fan filter.
- Clean refrigerator and freezer coils and empty and clean drip trays.
- Check the dishwasher for leaks.
- Check around kitchen and bathroom cabinets and around toilets for leaks.
- Replace faucet and showerhead washers if needed.

- Seal tile grout.

4. Things All Smart Homeowners Do Once a Year

Think of these small steps as vitamins for a healthy home. Do them just once a year and you'll save a bundle in emergency service calls.

Drain your hot water heater

"Sediment builds up over time at the bottom of the tank, causing corrosion," says John Bodrozic, co-founder of HomeZada. "Partially draining it removes the sediment and keeps the heater running more efficiently—and keeps it running longer."

Check your ductwork connections

Ducts in either the attic or crawl space can sag over time, and then the connections become loose. "If this happens, you end up spending more on utility costs because the air you're paying to heat or cool is escaping from the loose ductwork into the attic or crawl space, not into your living space," Bodrozic says.

Clean out the dryer vent duct

The back of your dryer is connected to a vent that leads outside. This duct gets lint buildup over time, which not only causes the dryer to work harder, increasing energy costs, but it's also a huge fire risk, as backed up lint is extremely flammable.

Update your home inventory

Knowing what you own is crucial. "We accumulate things over time, and you want to make sure you are properly covered in your insurance policy for not only the contents of your home, but the structure itself," Bodrozic says, "especially if you invested in it with home remodel projects."

Review your homeowner's insurance policy

When doing yearly checks, many homeowners don't think of their insurance. "Make sure that your policy continues to cover weather hazards like hail and wind," advises Renee Tarnutzer of Understory. "Be sure to review your deductibles. A homeowner will want to determine the cost of replacing your roof, for example, if it was damaged in a storm and an estimate of their out-of-pocket costs for that repair or replacement."

Inspect your roof

"A roof inspection is critical because roofs are the most commonly damaged part of a home during severe weather," Tarnutzer says. "Roof longevity can erode quickly and cause leaks, stains on walls, and even flood damage." Kyle Gesuelli, home improvement expert at Handy adds, "Take a good look at your attic for signs of water damage, because if there are water stains on the ceilings or walls, it's a sure sign that your roof needs some attention." From the ground you can check for missing shingles or misplaced tiles. Dimples on the surface of the roof can indicate damage from hailstones. Any missing or damaged tiles should be replaced immediately to avoid leaks reaching the inside your home. It's also helpful to find out when your roof was last replaced.

Clean your gutters

Buildup from fallen leaves and pine needles can rot and eventually clog the downspouts and even damage parts of the gutter. "As gutters help the home to cope with heavy rain flow, they're bound to accumulate debris throughout the year that can obstruct the flow of water and lead to overflowing," Gesuelli says. Hire a professional if your gutters are high enough to require a special ladder.

Check your foundation

"A failing foundation can be the biggest and most costly problem," says Steve Wadlington, president of WIN Home Inspection. Look indoors for the warning signs, including gaps and cracks in hardwood floors, or cracks at the corners of door jambs and window frames.

Look for water damage

"Existing water damage can lead to big problems if left untreated," Wadlington says. "Look for evidence around sinks, plumbing fixtures, and under windows for mold, broken caulking and leaking around sinks, or bubbling paint on drywall."

Clean out your garage

Garages are often home to much more than cars. Not just extra sports equipment and a backup fridge, but possibly rodents and bugs too. Sacha Ferrandi, founder of Source Capital Funding of San Diego, California, recommends cleaning your garage once a year by taking out everything and deep-cleaning the space, "which will not only maintain the longevity of your garage, but will keep you organized and active as you use your newly cleaned space," he says.

Check your pipes and sewage outflow

Even if your home doesn't have a septic tank, this task should still be on your list. "We cannot stress how important this is. Sometimes when sewage pipes become too full, they burst and ruin yards," Ferrandi warns. "A lot of the times this is a city or town pipe, but the city or town will not pay for the damage." If you find a blockage before it becomes an explosion, however, often the city or town will send resources to help you deal with the issue. Contact your local town or city hall sewage

department with questions. Also check for toilet and faucet leaks that a plumber would need to assess.

Monitor trees and landscaping

Harsh winters can weaken trees and cause them to break. "It's always good to monitor the positioning of your trees so you can look out for any changes, like are they leaning in a certain direction?" Gesuelli says. "Check the roots too if there are cracks in the surrounding earth, as the root may have become dislodged." If trees hang over your house, Gesuelli suggests checking for broken or loose branches because they can damage the house if they fall. If this is the case, hire a pro to do the trimming for you to avoid unnecessary safety risks.

Check windows for gaps

Cold and damp conditions can cause window frames to swell, so once they return to their original size, it can create gaps. Not only will this let in drafts, but it will also cost you a lot in lost energy. If you wait too long, you could also end up needing to replace the frames completely, which is an expensive job. "Gaps can be filled using a variety of materials, such as mortar, frame sealant, and decorators caulk," Gesuelli says. "But generally you should use the same material that was previously used to seal the windows for the best result." Rickety windows can also invite theft.

Check decking, porches, and steps

Case the place in search of rot and structural damage. "For exterior steps, check the overall structure of the concrete or stones," Gesuelli suggest. "If there is any crumbling, repairs should be made immediately."

Empty your pantry

It's hard to believe, but it's not unheard of for homeowners to find expired food up to a decade old in their cabinets. "Too often, food gets buried in the pantry and is never seen again," says Christina Giaquinto, a professional organizer and owner of Christina Giaquinto Organizing LLC. It's important to de-clutter your pantry so you don't overbuy or accidentally eat expired food. Realistically, you should purge your pantry about every six months, but from my experience that doesn't always happen, so I suggest aiming for once a year." Giaquinto says to pull out every single thing—and while you're there, wipe down the cabinets.

Purge personal products and medications

Do a sweep of the bathroom cabinets and drawers. Expired hair and beauty products need to go. "Makeup is one of those things that accumulates without your even noticing it, and makeup does go bad—most people don't know that," Giaguinto says. It's critical to toss out old makeup to prevent the possibility of infection. Ditto for medications. Contact your local pharmacy for proper disposal of expired prescription or OTC medications.

5. Why Is A Clean Home A Healthy Home?

Setting a routine for regular housekeeping can prevent the spread of dirt, pollen, allergens, and ailments. However, people in busy metropolitan cities like Sydney often overlook the cleaning aspect due to hectic schedules and prior work commitments. This can lead to a messy and dirt-laden home that can adversely impact your health, causing respiratory disorders, skin infections, allergies, and

mental stress. Therefore, you should maintain a regular house cleaning schedule to streamline the process.

The activities like dusting, vacuuming, mopping, scrubbing and disinfecting high-touch spots can make a difference. You can see a change in your day-to-day life as well as it promotes good health and overall well-being.

What's more? Maintaining a sterile property can help you pass the rental inspection because landlords want a property in its original state for the next occupant. So, there are tons of benefits of a well-maintained home, and today, we will discover the top reasons why a clean home supports good health and hygiene. Ensure you follow a proven checklist to boost the efficiency of your efforts in all seasons.

Let's Get Started!

1. Regular Dusting Prevents Allergies & Respiratory Disorders

Recent research shows that over 6 million Aussies live with allergic diseases. This means a home with dust-laden surfaces, pollen, pet hair, and other allergens can trigger allergy symptoms and pre-existing asthma. In fact, invisible particles found inside homes can cause respiratory disorders like rhinitis, hay fever, and chronic sinusitis, especially after the COVID-19 health emergency.

However, regular dusting prevents the spread of dust mites, dirt buildup and allergens from almost all surfaces. According to budget end of lease cleaning Sydney experts, you should always dust your rooms from top to bottom. Start from your vents, ceiling walls, shelves, and windows and move

towards upholstery furniture, carpets and floors. This way, you can ensure dust-free and healthy indoor air. Below are some great hacks for effective dusting:

Use a microfiber cloth to remove dust from hard surfaces like ceiling walls, shelves, picture frames, light fixtures and lamps, tables, etc.

A telescopic duster works wonders in cleaning hard-to-reach spots like fans and cabinet top

Regularly vacuum carpets and upholstered furniture using HEPA filters to fetch fine dust particles

Clean air vents to promote proper airflow. This also promotes quality indoor air.

2. Cleaning and Disinfection Promotes Good Health

There is no denying that greasy kitchen appliances, dirty floors, stained bathroom fixtures and pet stains can harbour harmful germs and bacteria. These can cause various health hazards, including fever, food poisoning and other chronic illnesses. So, it is good to develop a habit of keeping your home clean and disinfected, especially high-touch spots and bathroom surfaces.

Also, ensure you use low-VOC cleaning products or switch to DIY natural cleaners, such as white vinegar, baking soda, castile soap, lemon, soda crystals, etc., to tackle rust stains, pet stains, buildup grease stains, and mould stains.

After removing stains and gunk, disinfect the surfaces using 70% rubbing alcohol. This can kill lurking germs and harmful pathogens like E.coli and Salmonella from contaminated areas. Washing dirty bed sheets and other pet blankets in hot water can also prevent the spread of diseases.

3. De-cluttering Reduces Stress and Anxiety

Clutter around the home can block positivity, leading to mental stress and anxiety. Scattered toys, magazines and dirty clothes on floors and couches can irritate you. This can affect your mental health and overall productivity. On the contrary, a clean and well-organised home brings peace of mind and controls your cortisol level. These levels can help you stay relaxed and focused.

So, ensure you de-clutter your home regularly and reduce distractions. Get rid of unwanted items, keep everything at the designated spots, don't let dirty dishes pile up in the sink, etc. Studies also show that a clean indoor environment promotes mental clarity and productivity. That's one of the reasons why end of lease cleaners Sydney prefer an empty house for a hassle-free and high-standard cleaning job.

4. Improved Sleep Quality

There is a direct relationship between cleanliness and sleep quality. A clean, organised, and dust-free bedroom promotes a tranquil ambience, apt for quality sleep. Make sure you create a cleaning schedule and regularly dust the bed linens, keep your surroundings clutter-free, clean windows, and banish bad smells to sleep and relax without any distractions.

Tip: To improve your sleep, use essential oils like lavender, chamomile, and sandalwood in your bedroom. These can remove unpleasant odours without releasing toxic fumes.

5. Reduces Potential Accidents: Falls and Slips

Attention-to-detail house cleaning is pivotal for the safety of your family. Removing dust, dirt, grease, spills, and stains reduces the chances of sliding, falling, tripping, and other accidents. This ensures

the safety of your kids and pets. A slip from a beverage spill may cause serious injury. It can be hazardous for older adults or people with mobility issues.

So, it is good to organise and store items properly to avoid tripping hazards. Act on spills and splatters proactively and keep the electrical cords of your cleaning machines and appliances in check to prevent fire hazards.

6. Promotes Happiness and Fosters Emotional Connection

Relationships and social connections are essential for human well-being. Unfortunately, dirt and disorganisation can lead to conflict with your partner. You may not even invite guests to your home.

On the other hand, people with clean homes foster good relationships and reduce stress. A clean and organised space makes you feel confident when inviting guests and family, letting you stay happy and social. You can share cleaning responsibilities with your kids and spouse to keep everything organised. If running at the end of your tenancy, book experts for a thorough end of lease cleaning Sydney and secure your hard earned bond money. They follow a proper end of lease cleaning checklist to save you time and energy.

A clean home is good for overall well-being. Regular dusting and stain removal promote good health, reduce allergens, and keep you focused and positive. It can alleviate stress and bring peace and prosperity to your life.

6. Habits You Should Do Weekly for a Cleaner Home

There's nothing like coming home to a clean space. Wouldn't it be nice if your home felt this way all the time? While you probably don't have time for a weekly deep clean (really, who does?), there are weekly habits you can develop for an overall cleaner house. Even just implementing one or two of these to-dos into your cleaning routine can improve the quality and feel of your home. Keep reading to see which weekly cleaning tasks are most achievable for your lifestyle.

Declutter as You Go

Bite-sized, weekly decluttering sessions are a quick way to work towards a cleaner home. "Decluttering is a game-changer," Trisha Lake, owner and CEO of TLC Cleaning, says. "With kids, things can get messy quickly, but regularly putting things back in their places helps keep the chaos at bay."

Decluttering as you go is an efficient way to keep stuff from piling up in your home. For example, if you notice you have expired aspirin and Neosporin in your medicine cabinet, some other things probably need to go as well. Take five minutes to sort through your supplies right then and there.

It also helps to make a schedule, so you can stick to a routine. For example, try to declutter your pantry on the first Friday and declutter your mudroom on the third Sunday of every month.

Mop Hard Surfaces

While mopping isn't exactly fun, Lake says doing so is crucial to keeping things sanitary and clean in the home, especially if you have children or babies around. "Mopping hard surfaces, like our kitchen and bathroom floors, is essential," she says. "With my daughters always running around, I want to ensure these areas are hygienic and safe for them." Maintain your work by implementing a no outdoor shoes inside rule. "It makes a big difference," Lake says.

Change Bed Linens

Changing the bedding can feel like a lot of work, but getting into a consistent routine with it can make all the difference. "Changing bed linens weekly is a habit that's improved our sleep hygiene and added to the overall freshness of our home," Lake says. "There's nothing like slipping into a bed with clean sheets."

Dust Furniture and Vacuum Floors

According to Lake, it's essential to dust and vacuum weekly. "Especially in high-traffic areas and on furniture. It's not just about cleanliness—it also extends the life of your carpets and floors," she explains.

If you don't have time to vacuum (we're all busy), consider investing in a robot vacuum. You can run it every night and save lots of time and energy. Vacuuming and dusting can also make your home smell better.

Clean Bathroom Facilities and Surfaces

There are very few things as off-putting as a dirty bathroom. While this certainly isn't the most pleasant place to clean, Lake says it's worth it to scrub the toilet, sink, and shower or bathtub, as well

as wipe down mirrors and fixtures, every week. If you have the room, keep all needed bathroom cleaning supplies under the sink to make it more convenient to clean the bathroom on a weekly basis.

Keep an Eye on the Kitchen

"Don't forget about the kitchen" says Lake. "Cleaning appliances, the sink, and checking the refrigerator for expired items keeps your kitchen hygienic and pleasant." Remember, you don't need to spend a ton of time in the kitchen. Even just a quick wipe down to refresh your kitchen after cleaning up dinner will level up the overall cleanliness of your home. Once a week, go through your refrigerator and toss any expired foods or leftovers that have gone bad.

Take 20 Minutes

You can use this method anytime your house is feeling particularly messy and you need a reset. Set a timer and you'll be surprised at how much progress can be made in the 20 uninterrupted minutes. Get the whole family in on it to get even more done in the short amount of time.

Fold couch blankets, straighten throw pillows, restack coasters, take out the trash, and put away any visible clutter. You can also take this time to wash dishes, declutter a small area, throw away expired food from your fridge or pantry, or wipe down all the highly touched surfaces in your home.

Designate a Box for Donations and Take It Weekly

Simply having a box dedicated to donations will make it easier to declutter your home on a regular basis. For instance, you may discover a mug in your cupboard you don't use anymore, but without a donation box on hand, you may decide to keep it in the cupboard for longer. You'll find that just having a spot for donations in your home will make you consider donating items more often (leading

to a less cluttered space!) Make it a habit at the end of the week to take the box to your local donations center.

Manage Your Mail

Nothing ruins a clean space quite like a pile of papers and bills on your counter. Create a designated spot for your incoming mail such as inside of a nice wicker basket or wall hang, where the mail is conveniently located yet not visible (because who wants to look at a pile of bills every day?)

When you pick up the mail, quickly go through it and toss any junk mail in the trash or recycle bin before placing the rest in your designated area. Once a week, make it a habit to go through the mail, take care of anything necessary, and organize the rest, emptying the mail area for the next week.

7. Conclusion

In conclusion, maintaining your home is fundamental to fostering a healthy and comfortable lifestyle in Sydney. Regular cleaning, timely repairs, and preventive measures not only ensure a safe and hygienic environment but also help preserve the value and longevity of your property. By addressing potential issues early and adapting to Sydney's unique climate challenges, you can create a stress-free and inviting space for your family. Home maintenance is more than just a chore; it's an investment in your well-being and quality of life. Take the initiative today to enjoy the long-term benefits of a well-maintained and healthy home.

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