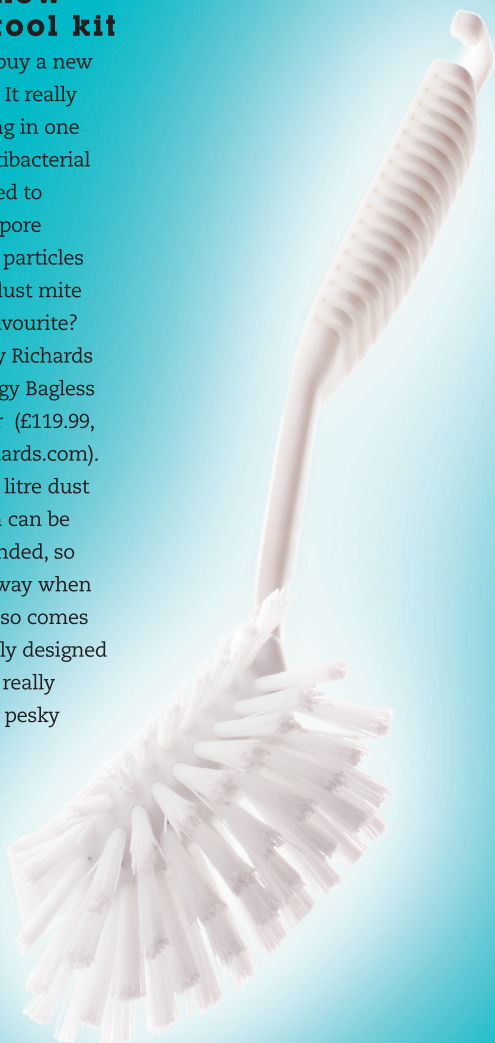


10 Get a new tool kit

Yep, it's time to buy a new vacuum cleaner. It really is worth investing in one that features antibacterial filtration designed to prevent mould spore growth and trap particles like pollen and dust mite excretion. Our favourite? The new Morphy Richards PerformAir Allergy Bagless Cylinder Cleaner (£119.99, visit morphyrichards.com). It has a large 3.8 litre dust container, which can be emptied one-handed, so you can stand away when emptying it. It also comes with two specially designed turbo nozzles to really annihilate those pesky dust mites on carpets, bedding and upholstery.



13 Understand your motivations

'Always remind yourself of the reason you're doing all that extra housework,' says Hannah. 'Keep asking, 'What will it give me/my family?'. For example: 'to have a clean home' becomes 'to help Sarah's asthma' which becomes 'to give her the chance to play sports at school' and 'to improve her confidence' and, finally, 'to see Sarah become happy and popular with her friends'. Doing the housework is then re-framed in your mind as an act of love, instead of a chore.'



14 Play pass the parcel

Er, we know you're a fully-fledged adult now, but it's the same kind of idea – give yourself a treat to make up for the boring bit! Let's be honest, the best bit about that game was winning the sweet between each layer or, even better, the big prize at the end – but it was all worth it just for that! 'Set yourself a goal, like stripping the beds, and then reward yourself with a goodie,' says Hannah. 'It doesn't have to be much – eat a chocolate bar or have a snooze.' You'll be desperate to do the ironing!

To Do

- 1
- 2
- 3

11 Manage your time

Don't put too much pressure on yourself – work out how long each task takes to do and then plan your time accordingly, advises Hannah. 'If you know that cleaning the bathroom takes half an hour, don't stress yourself out by giving yourself ten minutes to do it in. Equally, don't give yourself all day to do something that should take an hour, or you'll feel guilty about wasting time.'

12 Don't be a martyr

We all know that every woman is a saint, but when it comes to doing the housework, try sharing the burden for a change. 'Your partner or children can get involved, too – it's actually a great way of bonding,' says Hannah. 'Why not create a reward system for the kids? Give each household task a score and when they reach a certain level, give them a treat,' she suggests. 'This could be anything from a day out once a month, to going swimming, or even saving points up towards a bigger present for their birthday or Christmas.' There's nothing like having a happy little army.

15 Think positively

If you focus on hating the housework, guess what? You're going to hate it even more. If you focus on having a clean home and all the benefits it brings – a healthier, happier lifestyle for you and your family – you'll associate feeling positive with doing the house work and make it a nice necessity instead of dreading it. ☑

