

# EVERYONE CAN HELP

*Domestic*  
**NINJA**



DOMESTIC NINJA

THE ART OF TEACHING IS THE ART  
OF ASSISTING DISCOVERY.

Mark Van Doren

# WE'LL COVER

1. Three Types of Cleaning
2. Skill levels of kids
3. Sensory involvement
4. Quality time behavior
5. When frustration hits



# WHAT TO EXPECT

Insight to work with kids

Empathy for their stage in life

Relax and have fun with your home

# ALSO...

1. Better relationship with kids
2. Release from guilt





# WHO I AM

Stay-at-home mom

Homeschooler

Business owner

Home manager

Dreamer

# WHAT AM I DOING?

- I created Domestic Ninja for parents like me
  - Overwhelmed
  - Doing their best
  - Busy, but committed to setting a good example for their kids
  - Want a highly-efficient home



EVERYONE CAN HELP

I AM HERE

100%

DOMESTIC NINJA



# WHAT MAKES THE PERFECT DESSERT?

THERE ARE MANY WAYS TO  
DO WHAT YOU NEED TO  
HAVE DONE,

BUT YOU HAVE TO KNOW  
WHAT YOU'RE AFTER.

# CLEANING TIME

- Togetherness
- Learning
- Family fun
- Growth
- Feeling accomplished together



# WHAT ABOUT YOU

- You cannot teach what you do not know yourself
- Master cleaning first, then bring in the kids

# WORKING WITH KIDS

- Teach the skill, but adjust it for them. So many possibilities!
- Stay flexible and keep it light.
- Creativity means putting two ideas together in a new way.





# KID BASICS

- Knowing the difference between cleaning tasks
- Motor Skill Levels
- Typical Ages & Stages

# CLEANING TASKS

Tidy

Clean

Deep clean

Daily Do's



# SKILL LEVEL

Fine-motor skills

Gross-motor skills

# AGES & STAGES

0-8: Play

9-12: Learn (Challenge)

13-18: Work (Master)



# 0-8: PLAY

5-20 minutes

Time with you

Be like you

The goal is NOT a clean room

# MAKE IT FUN

Play games for tidying up

- Tidy train
- Magician
- Monster bag
- Spotlight

# 9-12: LEARN

Longer

Give them a goal/challenge

They want to learn to do it well

Work beside them, but let them fly  
sometimes

The goal is not perfection



# 13-18: WORK

Larger tasks

Work independently

Work with them for bonus

one-on-one time

The goal is improvement

# REMEMBER

Make it fun

Praise, praise, praise



# KNOW YOUR KIDS

- Sensory issues
- Personality types
- Their “Love Language”



# SENSORY ISSUES

Sensory Avoidant

Sensory Seeking

# PERSONALITY

Lots of energy:

- Artistic
- Athletic

Less energy:

- Calm, focused on others
- Rule driven

# HOW THEY FEEL LOVE

- Gift giving
- Quality time
- Words of affirmation
- Acts of service (devotion)
- Physical touch

<http://www.5lovelanguages.com/profile/children/>

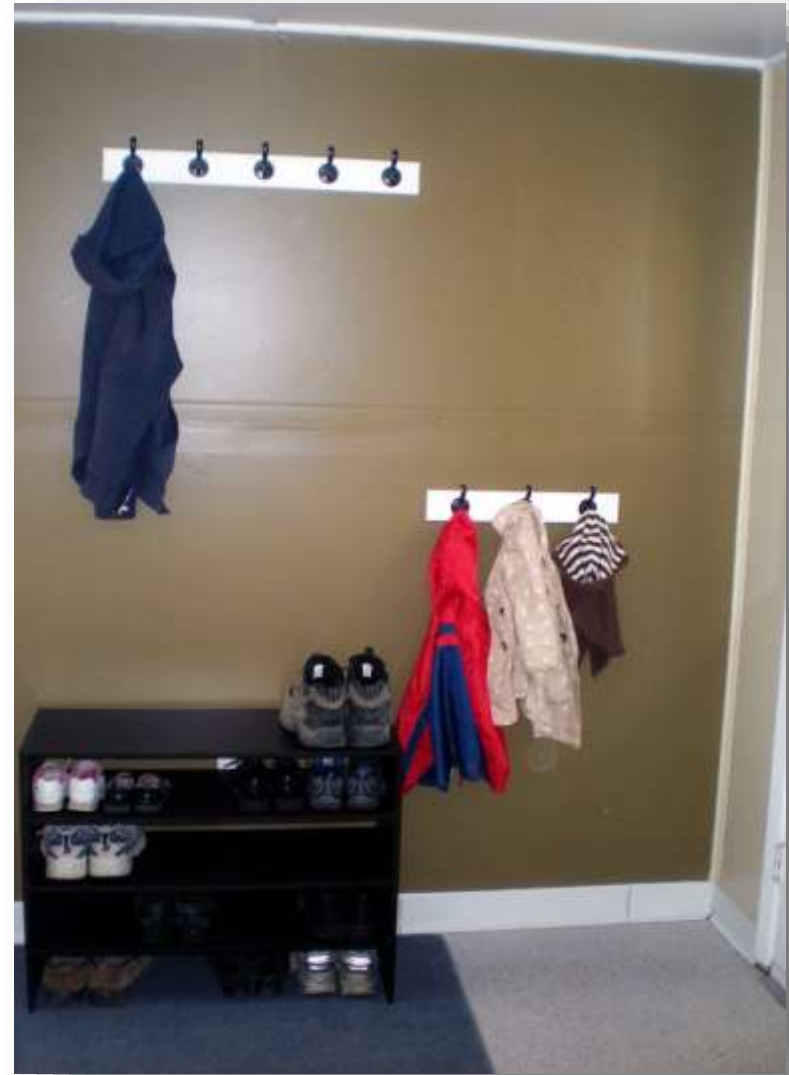
# QUALITY TIME

- Clean with your children
- Great one-on-one time
- Great group project
- Short is okay

# MAKE THINGS EASIER

- Can they reach it, open it, or put it away?
- Get on their level and try it yourself







# INSPIRE THEM

- Go through their senses:
  - What do they love?  
ADD IT!
  - What do they hate?  
GET RID OF IT!

EVERYONE CAN HELP



DOMESTIC NINJA



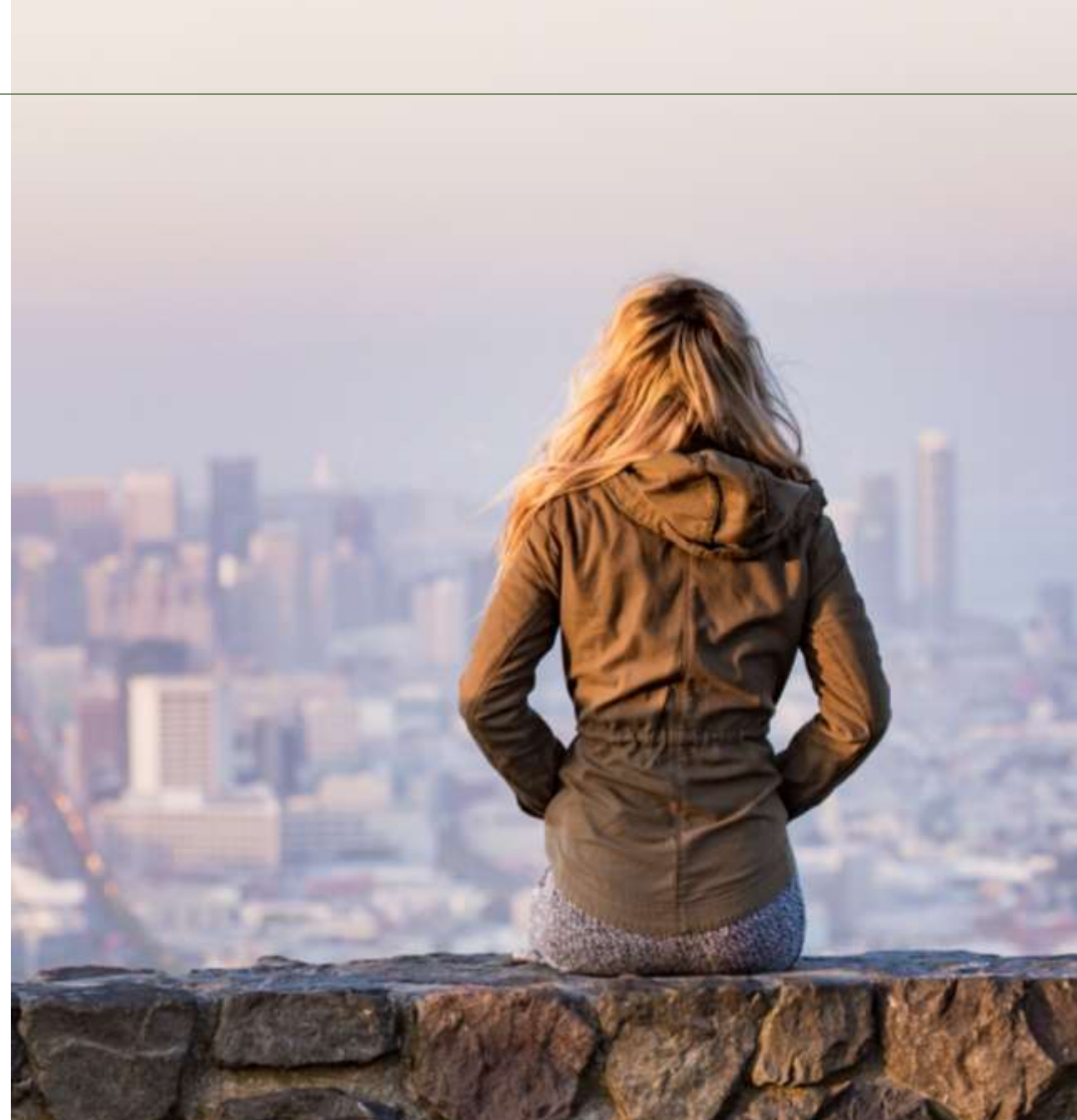
EVERYONE CAN HELP



DOMESTIC NINJA

# WHEN YOU'RE FRUSTRATED

- Never try to do something when you or they are frustrated.
- A break won't turn them lazy.
- It's more important to find what will work than to force it now.





# WHAT'S IMPORTANT

1. Relationship
2. Quality Time
3. Completed Task

# THANK YOU

*Domestic*  
**NINJA**



DOMESTIC NINJA