

Advanced home economics

Have you enjoyed doing the Home economics curriculum that we offer here at plainandnotsoplain???. If you do then you will be excited to know that we now offer an advanced version of home economics for training our daughters to be future wives and mothers.

You can tell if your daughter is ready for the next level if you can answer “yes” to the following questions:

- Can your daughter make breakfast, lunch, and dinner unassisted?
- Can she fill in as “mom” if needed for the day?
- Can she keep the house in order for the most part by herself?

In this year long curriculum, we are going to “stretch our daughters potential” and help them become women of the home. If your daughter is ready for the next level, this course will give her a whole new set of skill sets and responsibility to enable her to be an excellent keeper of the home.

How are we going to help our daughters master these skills?

Each month, you will choose a different module for your daughter to master. If you choose the bathroom. She will learn:

- How to clean a bathroom on a daily, weekly, and monthly basis
- Be responsible for maintaining the bathroom at all times throughout the day
- Be aware of keeping toilet paper stocked
- Be aware of keeping bathroom supplies filled at all times- towels, shampoo, toothpaste, etc.

- Be able to inform you what supplies are needed when you go shopping for them
- Do all of this without being told

This course is flexible and you will choose which areas you want your daughter to work on. I would recommend giving these to your daughter to try out one topic per month. A month is a pretty long time, to perfect their skills and become efficient at it.. After the month is up, move on to another one. They might do great at it for a week and you will be tempted to move on to another, but the point is to give them the responsibility to upkeep all of the tasks on their own for extended period of time.

Choose ten topics to work on. One for every four weeks of school. Print off the topics that you are choosing to do. I have left a few lines blank for additional tasks associated with each area based on your home. Each week you will be doing an evaluation for your daughter as well. Helping to critique any areas that need improvement.

Now this is something that we need to talk beforehand with our daughters about. There IS going to be much constructive criticism. They need to know where they messed up and what they need to improve upon. I am going to include checklists and reminders to help them keep up with daily duties, but there will be times when things are forgotten. A swift reminder should help fix that and onward to improving.

Before having your daughter begin, download my free ebook Time Management for our daughters. It is a training tool in the area of stewardship, a basis for this years curriculum.



These are the areas we will be targeting this year, choose ten and download the forms:

Bathroom

This is an important are of the home and you want to make sure that your bathrooms are clean at all times, especially if guests show up unexpectedly and need to use it. Make sure that your daughters are doing a thorough job, by wiping all around the toilet, on the sides and inside. This room needs to be disinfected well, as it can be a germ infested area.

Bedrooms

During this month long study, your child will be responsible for cleaning the room, making the beds each day, and taking care of the clothing. That will include the laundry as well. If you have other younger

children that do not take care of this task, have your daughter take it on or oversee the younger ones. If she has neither, let her be responsible to take care of your bedroom.

Another note for the bedroom is to let your daughter know that you are to flip your mattress at least twice per year. To prevent it from sagging in one area. A good rule of thumb is at the time change in the spring and fall.

Kitchen

This will include all the daily upkeep of the kitchen. It doesn't cover any meals. It is just a module for learning to keep up the kitchen.

Dining room/living room/hallways

These rooms are fairly simple, but do require attention to daily in keeping them up. For the dining room, your daughter is responsible for clearing the tables after meals and wiping the table down.

Breakfast

This module will require your daughter to make breakfast everyday for a month. It can include an easy breakfast like cereal, oatmeal, or toast. But be sure to allow her some days to make a more complex breakfast, as in eggs, waffles, or pancakes. She will be responsible for washing and cleaning up all supplies used in making breakfast as well as the dishes from the meal.

Lunch

This module will require your daughter to make lunch everyday for a month. It can include simple easy lunches like sandwiches, soup, or salads. But have it include learning how to make larger meals for a few days worth of lunches and how to implement leftover dinners into lunches. She will be responsible for washing and cleaning up all supplies used in making lunch as well as the dishes from the meal.

Dinner

This module will require your daughter to make dinner everyday for a month. You can either have your daughter help you plan the meals for the month, or give her a set menu and let her work from that. Try and include different types of meals, crockpot, soups, casseroles, complete "Sunday" dinners, etc. She will be responsible for the dinner prep, making sure meat is thawed, making sure ingredients are on hand, and making sure dinner is made on time. She will also be responsible for washing and cleaning up all supplies used in making dinner as well as the dishes from the meal.

Frozen snacks/treats/baking

This module will require your daughter to make extra snacks, baked items, or treats to store in your freezer. These are nice to have on hand for days when you just can't make them. Having bread baked each week is a healthy food. Making sure there are vegetables and fruit cut up to snack on is important as well. If you have a large family this will be a large tasks, but a worthwhile learning experience.

Office work

This can include making grocery lists or monthly menus for the family. You can also give her the calls to be made, or books to be ordered from the library. This would be a great time teaching your daughter how the family budget works and getting her involved in paying the bills. There are no evaluations, this is more of a walk through my life scenario. You want your daughters to be informed for this one.

Care of the children

I didn't include an evaluation for this one. I felt that for a child, the best way to learn is to tell immediately. If you see the child going without getting their morning prep, kindly remind and expect it to be done. Notice how the children, when having to wait longer than usual tend to whine more. Blood sugar gets lower and they need food on a regular basis to keep it level. This will be a daily work in progress not a weekly evaluation. Keep a check on attitude 😊 This could be the most stressful time, especially if you have lots of little ones.

Upkeep of the outside areas of the home.

This is an area that typically will get taken care of by an older brother or husband. But there are times in our lives where husbands get busy and are unable to complete them. It is good to have our daughters be aware to check each of these areas to see what needs to be done.

Bathroom cleaning checklist

DONE	Daily Cleaning
	Pick up towels/dirty laundry off the floor
	Wipe down vanity and faucet
	Spray and wipe outside areas of the toilet and the seat
	Do a daily rinse of the shower---when you are in it to save time
	Sweep floor
	Remove anything that does not belong in this room and put away.
	Check for proper amount of towels and washcloths and replenish if necessary

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DONE	Weekly cleaning
	Empty trash bin---wipe inside as needed and refill with grocery bag
	Clean mirrors
	Scrub sink, clean vanity all around
	Wash the toothbrush holder/soap dispenser
	Scrub bathtub
	Scrub toilet on the inside as well as the outside---make sure to remove all yuck
	Wash any bath towels or mat
	Check for supplies that are low—toilet paper, toothpaste, shampoo, etc.
	Sweep and mop floor
	Make sure to have towels washed and folded to refill bathroom

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DONE	Monthly or seasonal cleaning
	Wipe down room tile backsplash/walls
	Dust light fixtures, window ledges, moulding, baseboards
	Wash rubber non slip bath mat
	Remove shower curtain and machine wash with a few towels, hang to dry
	Clean window glass
	Vacuum heating/air conditioning/ventilation vent covers
	Remove long hairs from drain
	Wipe ceiling
	Refill scent oil on air fresheners
	Pour vinegar and baking soda down drains to prevent clogs
	Clean out cabinets, throw away expired medicine, old makeup or beauty products
	Clean out hair from brushes and wash brushes in soapy water

Bedroom cleaning checklist

DONE	Daily cleaning
	Make the bed first, a room looks better with just a made bed
	Pick up any items on the floor
	Pick up any items on the tops of things
	Pick up any clothing and put where it goes
	If needed, sweep or vacuum the floor

DONE	Daily cleaning
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DONE	Weekly cleaning
	Wash the sheets and pillow case
	Dust any wood areas: desk tops, picture frames, window frames, etc
	Wipe tvs, computer screens, keyboards, mouse, picture frames, mirrors, and windows with glass cleaner
	Wipe with an antibacterial cleaner, cell phones, remotes, light switches
	Put cds/dvds in cases
	Launder clothing and put away in appropriate areas
	Sweep and mop or vacuum floors thoroughly, use the crevice tool to get into cracks

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DONE	Monthly cleaning
	Prepare to sort things: bags or boxes, for trash, return to another area of home, or give away
	Work in clock pattern around the room, in drawers, on shelves, etc place items in appropriate bag/box ---declutter!
	Straighten closets—hang clothing nicely, clean top and bottom of closet
	Straighten drawers—cleaning out as needed
	wipe walls, moulding, light fixtures
	Wipe off all furniture, bedposts, bookshelves, night stands inside and out
	File away any paperwork, discard magazines, and only keep out a few books
	Wipe down blinds/wash curtains
	Straighten book shelves, night stands, dresser tops etc

Kitchen cleaning checklist

DONE	Daily cleaning
	Pick up and straighten all counter tops—remove clutter
	Wipe down all counter tops/wipe back splash as needed
	Wash all dishes this month☺
	Change out towels and washcloth
	Put away dishes, being careful to dry cups, plastic container that go inside one another
	Fill water cups, ice cube, coffee pot
	do a quick wipe of large appliances
	Wipe up water from sink, faucet, look around for any visible mess
	Sweep floors/steam as needed

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DONE	Weekly cleaning
	Clean out refrigerator, wipe inside and outside
	Wash windows, wipe sills
	Do a quick wipe of cabinet faces, or any surfaces that is showing
	Clean the microwave inside and out
	Wipe down all large appliances, stove, dishwasher, etc
	Wipe down any small appliances
	Wash any rugs
	Wash dishrack
	Trash can, wipe inside and out with disinfectant
	Mop, scrub floors to remove any type of residue

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DONE	Monthly cleaning
	Clean oven
	Organize cabinets and wipe inside, throw away unnecessary items
	Organize drawers, wipe inside, throw away unnecessary items
	Wipe down walls, cabinets, moulding
	Clean out pantry, moving old things to front, refill containers as necessary, wipe down
	Wipe down light fixtures and switches
	Dust or wash any window treatments

Dining room/Living room/hallway cleaning checklist

DONE	Daily cleaning—dining room
	Pick up and remove dishes from table after meals
	Wipe down tables after meals, pay attention to ledge and seats
	Sweep floors/steam as needed

DONE	Weekly cleaning—dining room
	Dust table and benches

DONE	Monthly cleaning—dining room
	Wipe walls, moulding, window trim
	Dust any light fixtures
	Wipe table legs and chair legs
	Clean floor thoroughly—vacuum corners, scrub floors
	Wash windows
	Dust /wash any window treatments

DONE	Daily cleaning---living room
	Pick up and put away items not belonging
	Straighten the furniture, fluff cushions
	Straighten the bookshelf area
	Vacuum the floor
	Clean up the entertainment center area

DONE	Weekly cleaning -living room
	Dust wood areas
	Wash any tv screens/electronic appliances
	Wipe any windows

DONE	Monthly cleaning---living room
	Wipe walls, moulding, window trim
	Dust any light fixtures
	Dust/wipe picture frames
	Organize entertainment center, checking video cases
	Wash windows
	Dust/wash any window treatments
	Vacuum out furniture
	Vacuum entire floor—moving furniture

DONE	Daily cleaning—hallways
	Pick up and remove unwanted items
	Sweep floors—shake rugs
	Steam as needed

DONE	Weekly cleaning—hallways
	Wash any rugs
	Wash windows

DONE	Monthly cleaning --hallways
	Wipe walls, moulding,
	Dust light fixtures
	Vacuum corners/scrub floor

Breakfast training objective

- provide breakfast each day for the family this month.
- be awake able to serve each day
- be aware of items needed for breakfast
- provide nutritious meals with variety
- plan and prepare freezing some breakfast foods to have on hand for busy mornings
- clean up all your cooking mess as soon as breakfast is done.
- clean up all the table mess as soon as breakfast is done
- wash all breakfast dishes and put away this month
- make juice/fill water/make ice for the day
- Identify nutritional value in foods you are serving
- Identify alternatives to foods that are not as healthy
- Look up some ideas for new breakfast foods your family might enjoy. List ingredients, shop for them, and make.
- talk with Mom about the types of breakfast you will be serving, for approval.

Breakfast can be a very stressful time, especially if you are serving little ones. They do not like to wait after not having food in their bellies for 12 hours. Be prepared as to not just serve cold cereal each morning. Look up dishes you can make the night before and put in the oven early in the morning before everyone is up.

Lunch training objective

- provide lunch each day for the family this month.
- serve meal on time
- be aware of items needed for lunch
- provide nutritious meals with variety
- plan and prepare making some lunches beforehand to have some made up for the week
- clean up all your cooking mess as soon as lunch is done.
- clean up all the table mess as soon as lunch is done
- wash all lunch dishes and put away this month
- Identify nutritional value in foods you are serving
- Identify alternatives to foods that are not as healthy
- Look up some ideas for new lunch foods your family might enjoy. List ingredients, shop for them, and make.
- talk with Mom about the types of lunches you will be serving, for approval
- think quick and easy for lunch

Plan what it is you are going to make each day, the night before. When putting away dinner, take note if you can implement some of it for a casserole for lunch the next day. Think to use up food, not waste it.

Dinner training objective

- provide dinner each day for the family this month.
- Plan out your food prep the day before
- serve meal on time
- be aware of items needed for dinner
- provide nutritious meals with variety
- clean up all your cooking mess as you prepare your meal.
- clean up all the table mess as soon as dinner is done
- wash all dinner dishes and put away this month
- Identify nutritional value in foods you are serving
- Identify alternatives to foods that are not as healthy
- Look up some ideas for new dinner meals your family might enjoy. List ingredients, shop for them, and make.
- talk with Mom about the types of meals you will be serving, for approval.
- When choosing meals, think crockpot, quick and easy, larger heartier meals, and homemade. Plan on having bread once per week as well.

Make a plan at the beginning of each week, knowing what it is you are going to make. Plan for ingredients and plan around activities making sure it will get completed.

Monthly food prep/snacks/baking responsibility objective

- Provide homemade baked bread each week
- Make 2 snacks each week—cookies, cake, etc
- Prepare fruit/vege for week
- Make a hospitality meal or snack this month
- Make and freeze large amount of snacks for later time
- Find a new inexpensive treat that your family will enjoy, shop for ingredients, and make

Make a note each week of which foods you are to make, checking for availability of ingredients and time to make them. If it is summer time, be responsible not to heat up the home with the oven. Do your baking late at night.

Office work objective

- Assist in planning a monthly food menu
- Assist in planning a food shopping list within a budget
- Planning a household supply shopping list within a budget
- Planning and going shopping for items-evaluating prices, brands, etc
- Organizing school items for week, ordering books, prepping items, checking items
- Paying bills, checking bank statements
- Show budget for the month and how we compare
- Writing notes, sending birthday cards, planning birthdays for month

Make yourself available to your Mother on the time she sets aside for doing such tasks.

Child care objective

- take care of children solely for month-with Mom assistance
- wake up with them, dress, brush teeth, hair in morning
- bathe regularly, clip nails, brush teeth daily, hair,
- nighttime prep and put to bed
- keep hands and face washed after food
- keep diapered child dry and clean
- be responsible for drinks and food at all times
- plan a reading time daily with younger children
- plan a reading time nightly with older ones
- help administer school for little ones
- do physical activity with little ones to engage them
- when leaving the home, plan and prepare all items needed for children

Make notes on things you need to improve upon each day.

Outside areas of the home

The following are areas that need to be tended to this month. You may not have to do the work physically yourself, because of a father, or older brother that does it, but it has to be overlooked and made sure to get done. Sometimes the men in our life cannot physically take care of everything and it is our job as wives to be able to "fill in the gaps" as needed.

Be aware each day and week these areas of the home:

Animal care—clean up of pens, animal waste, food and water, cleanliness of bowls

Porches and walkways, kept neat and swept

Pools kept clean and properly running—check levels, change filters

Vehicles kept clean and washed each week

Windows kept washed, inside and out

Lawns and gardens—do some general clean up in these areas

Garages and sheds—picked up and organized

Make a list of things that need to be. Either fit them into your schedule or ration out the jobs to the boys of your family.

Evaluation for the week ending _____

Evaluation of _____

Score 1 –needs improvement and 5 being perfect

Did my child keep the room up to standards as far as cleaning every day?

1 2 3 4 5

If not a "5", which areas needed better attention to as far as cleaning?

Did my child keep up on the daily upkeep of the room every day straightening and keeping things picked up?

1 2 3 4 5

If not a "5", which areas need reminders in?

Was there ever a need to run out of a product for example out of dish soap or toilet paper?

1 2 3 4 5

When having guests over or having to get out the door quickly, how was the area handled as far as looking neat or gathering items such as coats/extra clothing etc?

1 2 3 4 5

How was my child's attitude when being reminded of how to do things?

1 2 3 4 5

Did my child show a spirit of hospitality and serving when taking care of their areas?

1 2 3 4 5

Did my child go the extra mile as far as upkeep of this room ?

1 2 3 4 5

Comments for improvement :

Evaluations for the week ending_____

Evaluation of_____

1—bad, 5-good

Provided meal on time each day

1 2 3 4 5

Provided a variety of nutritional foods during meal

1 2 3 4 5

Planned ahead, having meals planned, ingredients on hand

1 2 3 4 5

Kept work area clean for the most part at all times

1 2 3 4 5

Cleaned up thoroughly after each training time

1 2 3 4 5

Was able to identify nutritional content in food and find alternatives to bad choices

1 2 3 4 5

Attitude during work training, serving, and after

1 2 3 4 5

Areas that need to be improved: