



Laundry for Teens + Mental Load

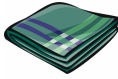
Weekly



Clothes



Sheets



Towels

Step 1: Do
personal items -
no reminders

Monthly



Bath mat



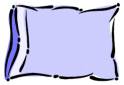
Bathrobe



Comforter

Step 2: Add in
less frequent
items

Monthly



Pillows



Coats



Sneakers



Hats



Scarves and
mittens

Step 3: Add in
more personal
items and learn
to track these
less frequent
items

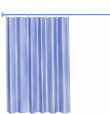
Household



Pet bedding



Kitchen
towels



Shower
curtains



Washable
rugs



Throw
blankets



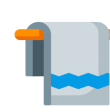
Throw pillows

Step 4: Include
them in rotation
for items the
whole family
uses

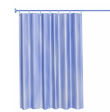
Household



Pet bedding



Kitchen
towels



Shower
curtains

Step 5: No
dependence on
mom!

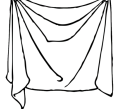


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