

## **ONLY THE LONELY:** **The mystery of lost socks – Laundry**

*Pass it on ... May 8<sup>th</sup> is Lost Sock Day!*



**Out of control laundry can bring an entire household to its scabby knees. Whether you wash clothes in a corner of your basement, a closet off your kitchen, or a room all its own, the Laundry Area needs to be well planned in order to run efficiently.**

Understandably, women with small children – especially a lot of children – have the biggest challenge. In between diapers and midnight feedings, planning meals, grocery shopping, cooking and then washing dishes, how does she find time to sleep and eat, let alone keep on top of ever-increasing tubs of laundry?

Mothers of older kids manage the foregoing chores as well as providing a taxi service for often several youngsters charging in different directions to guitar lessons, gymnastics, and karate.

Hold on, she might also be taking courses, have a job or career, or be operating her own business. Is it possible to juggle all these balls and remain sane? Well, plenty of women do it but it's questionable whether their sanity remains intact.

**Often it's The Laborious Laundry that threatens to be a woman's downfall. But keep the faith - here's how to overcome!**

**A.** Train the kids to put their own dirty clothes in a laundry tub located in their room. After you've washed and sorted clean clothes into the designated tub, if

the children are old enough, put them in charge of returning the tub to their bedroom and putting garments away. Give each child a different coloured container or invite him to doodle on a white tub with bright felt pens to make it his own. On laundry day, assign the kids responsibility for hauling the tub to the Laundry Room.

**B.** Unless you *adore* ironing (believe it or not, some weirdoes do) buy non-iron clothes. Or hang fresh laundry immediately to lessen the need for ironing.

**C.** If you have space, label laundry baskets (i.e. “Whites”, “Colours”, “Dirty”, “Sort & Put Away”, etc.). This will keep laundry clearly organized for all family members (so anyone can help!) and prevent the quandary of determining whether a pile is clean or dirty.

**D.** If possible, set up a table for folding and sorting clothes. If you have no space for this task, use the top of the washer and dryer. Do it right away to prevent wrinkles and laundry clutter.

### Client Story

*When Sharon was diagnosed with diabetes she gained weight. That undermined her self-esteem and caused her to slump into a severe depression that zapped her energy and incentive.*

*Before she knew it, the laundry room was full of dirty clothes and the overflow had spread to the living room and covered every seat. The master bedroom also became a dumping ground (“my failed attempt at sorting,” she said), so she went to bed with laundry all around her, slept poorly, and then woke up to face it again every morning, feeling guilty and ineffectual.*

**If laundry is overwhelming you, commit to doing three loads of wash/dry a day in order to get on top of it. Once you’ve dealt with the backlog, do a load as soon as you have a basketful of dirty clothes. Whether that means washing once a day or once a week, do it regularly so it never gets the best of you again!**



## Finally, the Mystery of Lost Socks is solved!

According to Irish philosopher and scientist De Selby, “the combination of extreme heat and rapid rotation in modern clothes driers can, under the right circumstances, propel single socks into another dimension”.

Well, I’m no scientist so I have a better theory: Tired of being married, some socks, always your favourites, disappear into the cosmos for the opportunity to join other singles online at [PlentyOfFish.com](http://PlentyOfFish.com).



### INSIDER SECRETS

- Wash socks in a mesh bag and you’ll never have “orphans” again! To make after-wash sorting unnecessary, use a different bag for each family member.
- To easily clean your washing machine occasionally, put 1 cup of white vinegar into empty washer and run a regular cycle. It will rinse the hoses and unclog soap scum.
- Designate one plastic laundry basket (preferably square for more efficient storage) per family member, choosing a different colour for each person (or labelling them by name).

When laundry day arrives, make them responsible for taking their own tub to the laundry room. Once clothes are cleaned you can fold them into the individual tubs and either have family pick them up or you can take them to their rooms. If you can train them to put their own clothes away, you win the Gold Star! Treat yourself to a piece of delicious and decadent dark chocolate.

- **Keep laundry in baskets to prevent clothes from creeping over your floor. Even garbage bags are better than no container, but if you put your laundry in plastic bags, wash it fast before clothes become moldy and so stinky that you are forced to bid them “sayonara”.\***

**\*A Google search tells me the proper spelling is “sayounara” so I’ve included it to satisfy you language perfectionists, but used the common version for easy recognition purposes.**

### **Fast Fix!**

**Don't be tempted to carry laundry into the Living Room for sorting. That's a prelude to disaster. Once it travels to another room it will end up scattered all over the house and you'll be challenged to find a chair that isn't displaying your undies. Oh, drat - now that the cat has slept on them they're covered in fur and need washing all over again!**