



Organizing Together: A step-by-step guide for Moms & Kids

Teach children how to declutter
and organize, one step at a time,
side by side.



FIRST THING YOU NEED TO KNOW, YOU ARE NOT BEHIND

If organizing feels harder in your home, it's not because you're doing something wrong.

Some children often:

- Process instructions differently
- Feel overwhelmed faster
- Struggle with transitions
- Need more visual and physical cues

And busy moms are:

- Carrying mental load
- Managing emotions (theirs and everyone else's)

Trying to survive the day, not run a Pinterest home

This guide is about reducing stress, not enforcing perfection.

THE RULE THAT CHANGES EVERYTHING

Regulation always comes before organization.

A dysregulated child cannot organize, even if they want to. When kids feel safe and calm, skills follow

STEP ONE

MAKE THE ENVIRONMENT DO THE HEAVY LIFTING

Fewer Choices = Less Overwhelm
Too many items = frozen brains.

Try:

- Rotating toys instead of storing everything out
- Keeping only what fits comfortably in a bin
- Removing “maybe” items from shared spaces

OPEN, VISABLE STORAGE WINS!

**IF IT'S HARD FOR YOU TO TIDY,
IT'S IMPOSSIBLE FOR THEM.**

Some kids struggle with:

- Lids
- Drawers
- “Out of sight” systems

Use:

- Open baskets
- Clear bins
- Shelves at their height

Labels should be:

- Pictures first
- Words second

STEP TWO

ADJUST EXPECTATIONS BY NERVOUS SYSTEM, NOT AGE

What Kids May Struggle With:

- Task initiation (“I don’t know where to start”)
- Sequencing steps
- Sustaining attention
- Sensory overload (noise, textures, visual clutter)

THIS IS NOT LAZINESS. IT’S WIRING.

STEP THREE

HOW TO ASK FOR TIDY UP HELP (WITHOUT MELTDOWNS)

What Often Backfires:

- “Clean your room”
- “Why is this still a mess?”
- Asking during transitions or exhaustion

What Helps Instead:

Use micro-tasks

- “Put all the Legos in this bin.”
- “Books first. Toys second.”

Offer a body-double:

- Sit nearby
- Do a parallel task
- Be present without correcting

Use neutral tone:

- Calm voice
- No urgency
- No lectures

STEP FOUR

ORGANIZE BY AGE & SUPPORT LEVEL

Younger Kids / High Support Needs

Goal: Co-regulation + modeling

- Tidy / Organize together
- Narrate actions out loud
- Keep sessions under 5 minutes

"I'll hold the bin, you drop the toys."



Elementary Age / Processing or Sensory Challenges

Goal: Predictability

- Same cleanup order every time
- Visual checklist
- Timer or music

"When the song ends, we stop."



Older Kids / Anxiety or Executive Function Challenges

Goal: Ownership without pressure

- Let them design the system
- Ask what feels hard
- Adjust instead of enforcing

"How can we make this easier next time?"



STEP FIVE

BUILD TINY ROUTINES (BECAUSE BIG ONES DON'T STICK)

Busy moms don't need more to-do lists

Try:

- 5-Minute Reset after dinner
- One Bin Rule (everything goes back into its home)
- One Area a Day, not the whole house

CONSISTENCY - COMPLETION.

STEP SIX

LANGUAGE THAT PROTECTS SELF-ESTEEM

Instead of "You're messy."

Rather say "Your brain needs a clearer system."

Instead of "This shouldn't be hard."

Try "Some things take extra support."

Instead of "You're not trying."

Try "Let's break this down."

Kids internalize how we talk about their struggles.

WHEN IT FEELS LIKE TOO MUCH (FOR YOU)

If you

- Avoid certain rooms
- Feel overstimulated by clutter
- Feel guilt or shame around your home

Please know

- You are not failing.
- You are navigating real nervous systems in a real home. Sometimes the most loving thing you can do is simplify the environment instead of pushing harder.

Progress Looks Like:

- Fewer meltdowns
- Faster resets
- Less resistance
- More confidence

NOT PERFECTION!

A Final Word for Busy Moms

You don't need:

- Strict systems
- Perfect routines
- More discipline

You need:

- Simpler spaces
- Kinder expectations
- Systems that support brains, not fight them

YOU'RE BUILDING SKILLS AND THAT MATTERS

Disclaimer: The content in our courses and digital downloads is for educational purposes only. Organizing results vary based on individual circumstances and personal decisions. We do not provide medical, mental health, legal, or financial advice.

We're so glad you're here.

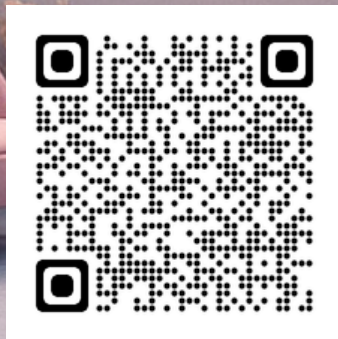
After years of working with clients in their homes, we've seen firsthand how powerful organizing can be not just for spaces, but for confidence, clarity, and peace of mind. The impact has been so meaningful that we wanted to find a way to help more people than we can reach in person.

That's why we created these digital PDFs to share the same guidance, encouragement, and support we give our clients, in a way you can access anytime, anywhere.

Thank you for being here and for taking this step on your organizing journey.

We hope you find this helpful. If you have any questions, please do not hesitate to reach out to us at info@space-homeorganizing.com

**With care,
Victoria & Bronwyn**



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