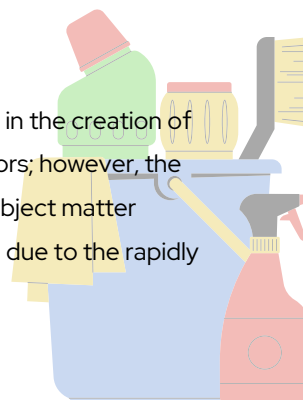


COPYRIGHT © MOMI AT HOME 2025 - ALL RIGHTS RESERVED WORLDWIDE

**YOUR RIGHTS:** This resource and its content are restricted to your personal use only. It does not come with any other rights.

This resource and its content are protected by international copyright law and may not be modified, compiled, combined with other content, copied, recorded, synchronized, transmitted, translated, formatted, distributed, publicly displayed, publicly performed, reproduced, given away, used to create derivative works and otherwise used or exploited (including for-profit) without the creator's expressed permission. The creator retains full copyrights to this resource and its content. Any portion of graphics, photography, elements or other creative content is the copyright of the respective owners and is used within the terms of license(s) and/or granted permission(s).

The creator has made every reasonable effort to be as accurate and complete as possible in the creation of this resource and its content, and to ensure that the information provided is free from errors; however, the creator assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein and does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the subject matter.



## Disclosure & Safety Notice

These recipes are for educational purposes only. Always use adult supervision when children are helping. Essential oils, borax, citric acid, and other ingredients may cause irritation if they come into contact with skin, eyes, or are ingested. Wear gloves when needed and wash hands after use.

Momi at Home is not responsible for any accidents, misuse, or allergic reactions that may occur from making or using these recipes. Test cleaners on a small, hidden area first to ensure they are safe for your surfaces. Store all supplies and finished products out of reach of young children and pets.

By using these cards, you agree to take full responsibility for your own safety and results.



## How to Print

1. Download and open the PDF on your computer using Adobe Acrobat Reader (free) or another PDF viewer.
2. Open Print Settings and choose pages 3-8.
3. Set Printer setting as follows:
  - Paper size: Letter (8.5 x 11)
  - Print on both sides: Yes (flip on the long edge)
  - Scale / Fit: 100% or "Actual Size" (don't shrink or stretch)
  - Color: Recommended (but black & white works if needed)
4. Cut Out Your Cards
5. Laminate (Optional, but highly recommended)
6. Organize Your Cards
  - Punch a hole in one corner and place them on a binder ring, or
  - Store them in a recipe box, pouch, or envelope for easy access.

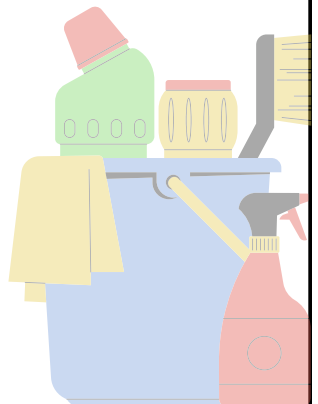
✨ **Tip for Busy Moms:** If you don't have a printer at home, you can upload this file to Staples, Office Depot, or your local library for low-cost printing.



## Want to make chore time even smoother?

Pair your cards with the Printable Family Chore System. A complete system with a family chore chart, age-appropriate chore lists, Little Helpers 1-Minute Routines & Chores Toolkit, cleaning product labels, and even a Little Helpers Cleaning Starter Kit checklist (with quick Amazon links!). Everything you need to keep your family organized and motivated. Get it all for just **\$7**.

**Yes! I Want the Family Chore System for Just \$7**





# Little Helpers Cleaning Cards

[www.momiathome.com](http://www.momiathome.com)



# Little Helpers Cleaning Cards

[www.momiathome.com](http://www.momiathome.com)

## Welcome to Your Little Helper Cleaning Cards!

These cards are made just for you and your little helpers. Each one has a simple recipe for a safe, natural cleaner plus an easy **Helper Note** with instructions kids can follow.

### How to Use the Cards:

1. Pick a recipe card and gather the ingredients.
2. Make the cleaner together. Your little helper can help with measuring, pouring, or mixing (always with adult supervision).
3. Store your cleaner in the right-size container (noted on the card).
4. Let your little helpers use their card to guide them during age-appropriate chores.

### What's Inside:

1. All-Purpose Cleaner
2. Glass Cleaner
3. Toilet Bowl Cleaner Tablets
4. Laundry Detergent
5. Liquid Dish Soap
6. Blank Templates to Add Your Own Recipes



## All-Purpose Cleaner



### HELPER NOTE:

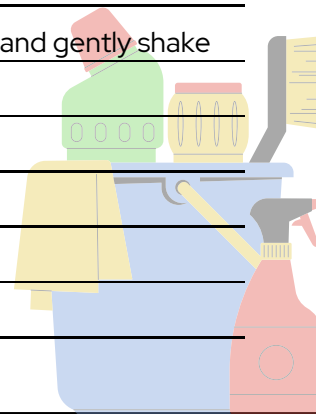
You can spray and wipe the table after meals. Use this for little spills too. Don't forget to shake your bottle first!

### INGREDIENTS

- ☐ 1/2 cup of white vinegar
- ☐ 1/2 cup of distilled water
- ☐ 5 drops of lemon essential oil
- ☐ 8 oz glass spray bottle
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### INSTRUCTIONS

1. Add the white vinegar, distilled water, and lemon essential oil to the spray bottle.
  2. Place the spray nozzle on the bottle and gently shake the bottle to combine the ingredients.
  3. Spray and use a cloth to clean.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_





# Little Helpers Cleaning Cards

[www.momiathome.com](http://www.momiathome.com)



# Little Helpers Cleaning Cards

[www.momiathome.com](http://www.momiathome.com)

# Glass Cleaner



## HELPER NOTE:

Ask your helpful adult to help pour the rubbing alcohol. You can use this spray to clean mirrors and windows. Don't forget to shake your bottle first!

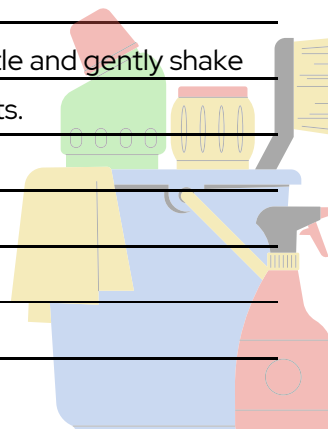
### INGREDIENTS

- ☐ 1 tsp of rubbing alcohol
- ☐ 2/3 cup of distilled water
- ☐ 1/4 cup of white vinegar
- ☐ 8 oz glass spray bottle
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### INSTRUCTIONS

1. Add the rubbing alcohol, distilled water, and white vinegar to the spray bottle.
2. Place the spray nozzle on the bottle and gently shake the bottle to combine the ingredients.
3. Spray and use a cloth to clean.

© Momi At Home



# Toilet Bowl Cleaner Tablets



## HELPER NOTE:

Wear gloves when making these fizzy tablets and always wash your hands after touching them. Drop one in the toilet, let it fizz, then scrub with the brush.

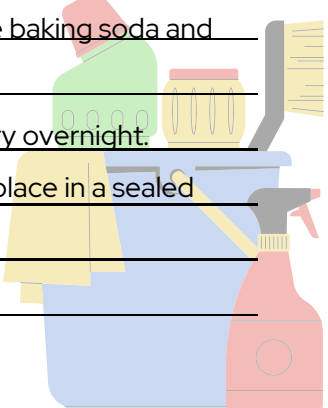
### INGREDIENTS

- ☐ 1/2 cup of baking soda
- ☐ 2 tbsp citric acid
- ☐ 1 tbsp distilled water
- ☐ 5 drops of lemon essential oil
- ☐ silicone molds
- ☐ 16 oz container with lid
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### INSTRUCTIONS

1. Mix the baking soda and citric acid in a small bowl.
2. Add the essential oil to the distilled water.
3. Slowly add the distilled water to the baking soda and citric acid mix.
4. Press into the silicone molds and dry overnight.
5. Once dry remove from molds and place in a sealed container.

© Momi At Home





# Little Helpers Cleaning Cards

[www.momiathome.com](http://www.momiathome.com)



# Little Helpers Cleaning Cards

[www.momiathome.com](http://www.momiathome.com)

# Laundry Detergent



## HELPER NOTE:

Scoop 1 tbsp of powder into small loads of laundry and 2 tbsp of powder into large loads.

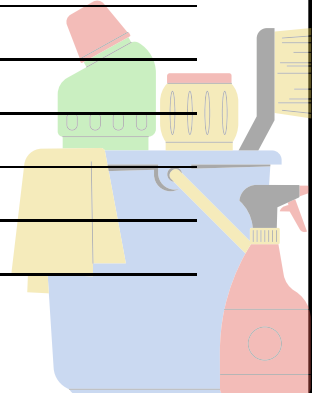
### INGREDIENTS

- ☐ 1 cup of grated castile soap
- ☐ 1 cup of washing soda
- ☐ 1 cup of borax
- ☐ 10 drops of lavender essential oil
- ☐ 10 drops of lemon essential oil
- ☐ 32 oz storage container with lid
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### INSTRUCTIONS

1. Mix the grated castile soap, washing soda, borax, and \_\_\_\_\_  
essential oils in a bowl.
  2. Once combined place in a storage container.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

© Momi At Home



# Liquid Dish Soap



## HELPER NOTE:

You can help to wash the safe unbreakable dishes. Add to the fun by wearing cleaning gloves and adding the dish soap to a cleaning brush.

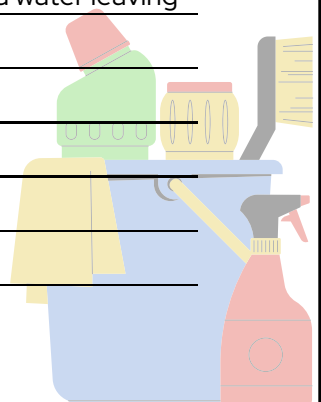
### INGREDIENTS

- ☐ 1/2 cup liquid castile soap
- ☐ 1 1/2 cup of distilled water
- ☐ 10 drops of lemon essential oil
- ☐ 10 drops of lavender essential oil
- ☐ 10 drops of orange essential oil
- ☐ 16 oz stainless steel soap dispenser
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### INSTRUCTIONS

1. Add the liquid castile soap and essential oils to the \_\_\_\_\_  
soap dispenser.
  2. Fill the rest of the dispenser with distilled water leaving \_\_\_\_\_  
room for shaking to mix the ingredients.
  3. Shake it and it's ready to use.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

© Momi At Home







# Little Helpers Cleaning Cards

[www.momiathome.com](http://www.momiathome.com)



# Little Helpers Cleaning Cards

[www.momiathome.com](http://www.momiathome.com)



HELPER NOTE:

### INGREDIENTS

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

### INSTRUCTIONS

---

---

---

---

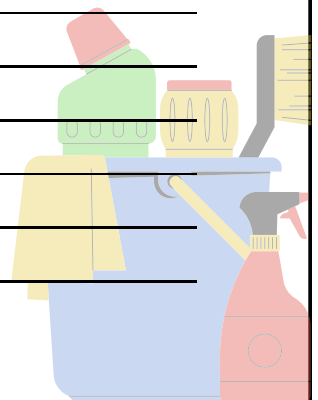
---

---

---

---

© Momi At Home



HELPER NOTE:

### INGREDIENTS

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

☐

---

### INSTRUCTIONS

---

---

---

---

---

---

---

---

© Momi At Home

