

Pointers For Parents

Kids' Room Survey Uncovers The Dirt

(NAPSA)—Children's bedrooms are more likely to be filled with battle cries than lullabies—all over issues of tidiness, according to a recent survey of parents—but that doesn't have to be.

In the poll, nearly 90 percent of parents of children ages 6 to 12 reported that the condition of their children's rooms was a source of "mess distress." Thirty-four percent cited their children's slovenly habits as a frequent source of arguments between parents and offspring.

In light of the nasty items—both animate and inanimate—that parents reported uncovering, a heightened level of concern may be justified. When respondents were asked to name the most disgusting things ever found in their children's rooms, food-related items dominated at 53 percent. Animal and insect-related nuisances (dead or alive) and clothing clutter involving dirty socks, clothes and underwear were tied at 11 percent each. Dirty diapers and stray toys were also cited.

With apparent good reason, parents are concerned about the effect that a dirty room can have on their children's health. Children spend a sizeable portion of their day (10 or more hours) in their rooms, according to the survey.

In addition, nearly all the parents (96 percent) believe that the cleanliness of a child's room is very or somewhat important to their child's health. To that end, two-thirds of respondents reported that their child's bedroom is vacuumed once or more a week.

With an estimated 50 million people suffering from allergies, the effect of vacuuming can be significant, especially when a dry carpet cleaning system such as Capture is used. Research by Johns Hopkins University demonstrated that



MESS DISTRESS—In a recent survey, parents cited lack of tidiness as a source of arguments.

the product removes up to 70 percent more allergens than vacuuming alone. Left alone, these allergens can exacerbate asthma and other respiratory ailments.

According to Dr. Kevin Leman, author of the book "Home Court Advantage," it is important that children take responsibility for the condition of their rooms because, after all, "we live in a house, not a hotel." In the survey, nearly one-half of the parents polled said they worked in tandem with children to clean rooms, while 37 percent of the households responding said the child was solely responsible.

Leman advises establishing boundaries for cleanliness that are consistent and manageable.

"For example, it might be unrealistic to expect a room to be spic-and-span every day. Instead, parents might tell their child that they expect to be able to see the bedroom floor on Tuesdays and Saturdays," Leman says.

"Respect their efforts and don't be a control freak. A good job is sufficient," he adds. For more information, visit www.captureclean.com.