

“ My Daughter Does  
Not Want to Clean  
Her Room ”



*A Handbook for  
Parents and Kids*

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# My Daughter Does Not Want To Clean Her Room

## **How Can I Motivate My Child to Clean Her Room?**

Answer: Don't even try. Children are not trained seals or wind up toys. Children are little people with souls. Remind her to clean her room. Keep reminding her if needed. Even if you have to remind her a thousand times, it is better than pressuring or bribing.

By reminding her, you are giving her the space to eventually one day see the wisdom of cleaning her room. When she sees it for herself and then moves from that insight, she will be independent and self directing.

It would be easy for you to threaten her, yell at her or punish her into cleaning her room. But then she would

be forced to conform to your impatience and pressure or rebel against it. You would thus have created a conformist who gives in to pressure or a person who rebels against it.

If you bribe her to perform, then again, you would most likely be making her into a person who needs to be rewarded to function. You would effectively be robbing her of self motivation.

We all like to be free to see things for ourselves and do what is right without being manipulated or pressured.

If it takes a thousand reminders (without emotion or impatience) to clean her room, and then one day she sees the wisdom of doing so, she will be grateful for your patience.

With little children, it can be made into a game. When my son was about 10, we had a game where suddenly one of us would announce a surprise "official room inspection." There was a 10 cent fine for any "infraction." Usually he announced first, inspected my room and found several infractions.

Then I would wait until I secretly knew he had cleaned his. I would then announce the inspection and make a big deal about how I was going to find lots of things. But when I got to his room, the inspection found nothing. It was great fun, and it made it into a light hearted thing.

Or maybe you could just do it together. Also, I notice that when I clean my room, later on I notice that my son is cleaning his room. I pretend I don't notice it, or else I go about my business without making any comment.

When kids get older, they suddenly begin to take an interest in cleaning the car (when they will soon be

driving), cooking, having a neat desk, and so on.

Be patient, set a good example. Don't make it too important. It will all work out in the end.