

# Fostering Independence

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## Challenge No 9

## The food factor

By Anita E Kohli

Clutter, or a messy kitchen after a hobby-cooking spree generates a HUGE amount of work. Cleaning clutter late is almost as good as not doing it, because working around clutter just takes more time.

I've got my chores organized around meal times - I tidy-clean-cook in that order. All before we eat, leaving just 5-10 minutes of post-meal chores. Working in this order helps me balance extra unplanned tidying with easier cooking.

I learned this from a family of five - a couple with three kids. Their go-to quick meal was bread-butter-jam. Pre-cooking time was their family 'group tidying' time.

Their children, my students, were very deeply invested in cleaning their own clutter 😊

## GOALS

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### THE VALUE OF INDEPENDENCE

Independent people who take responsibility for their own clutter are healthier people. Children grow up better able to take responsibility for daily living. Chores become a habit and reduce cleaning, making way for quality family time.

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