

3 tried and true  
**3 METHODS**

for

**TAMING**

the

**LAUNDRY  
MONSTER**



*“It is the pile that never ends! It just goes on and on my friend! Some person, started washing it, not knowing what it was, and they’ll continue washing it forever just because it is the pile that never ends...”*

**We’ve lied to our kids.** We’ve told them there is no monster under the bed or in the closet. But there is – oh my there is...it’s that stinkin’ dirty laundry monster. Ahhhhhhhhhhhh! Run away!

But the truth is; **we can’t run away.** Well, we can...but it’ll just be bigger when we come back – and smellier. And that is NOT what we want.

Is there any way to conquer this problem as managers of our home? I say, YES!

## *Finding Your Happy Place*

I would love to tell you there is one way for everyone to fix the laundry problem. But that’s just not true. Unless we all become nudists – and then, there’s still towels and bedding because even nudie people wash dishes and sleep on sheets...or so I assume (Note: I am not a nudist, nor have I ever been in a nudist colony. My claims regarding nudists are solely based on how I expect nudists to behave. To any nudist reading this, please feel free to correct me if I’m wrong).

What I CAN tell you is this – **there is a right way for you in your current state of life.** And what might work for you right now won’t necessarily work later. I’ll address this at the end with my personal story to give you an idea of how you may need to adapt.

## *Two Tips for Less Laundry*

### **1. OWN LESS CLOTHING.**

This doesn’t mean you don’t have to wash laundry, it just means you have more space and things are easier to put away. Our family significantly reduced the amount of clothing we had and it really helped with my overwhelmed state.

What’s the right amount of clothing for you? The least amount you can get away with. I’d like to give you a set number, but you’ll have to decide that for yourself. For us, it’s about 2 weeks’ worth of clothing for the kids and 33 items of clothing for me (including shoes).

## 2. IF IT AIN'T DIRTY, DON'T WASH IT.

I realize some of you just threw up in your mouth. But did you know the maker of Levi's® blue jeans even said that jeans should never be washed?! Only spot cleaned. Go ahead and look it up, because I know you want to – I'll wait.

If I wear something and it's not dirty at the end of the day, I don't wash it. When my kids get home from church and their clothes are still clean? They remove them, put on play clothes, and I hang the dress clothes back up for another day. Just because you wore it once for a few hours doesn't mean you have to wash it.

This does not apply to underwear or socks...my kids have stinky feet.

## *3 Methods for Taming the Laundry Monster*

### 1. THE THREE DAY METHOD:

I learned about this method from the blog [What's Up Fagans?](#) It's really quite genius. I had done something like this in the past, but it was nice to see someone else use it so I didn't feel like a weirdo.

Basically you wash on day one. You wash EVERYTHING. All you do all day is wash. We're washing this day. Get it? That's it. Oh yeah – and dry too. That's important. No one likes soggy bras.

On day two, you'll fold. We're folding all the things. Folding, folding. Lots of folding. Great time to listen to podcasts!

On day three, we put away what we folded and washed. The end.

That means you're only doing laundry three days a week and you're FREE for the other four days.

There are tons of great tips for this method and much more for you to read over at [What's Up Fagans](#)...so make sure to check it out to get the total scoop.

### 2. WASH DAY!

For this method, one day a week is wash day. That's all you do. You're washing, drying, folding, and putting away all the things. It's your chore for the day.

This used to be the thing back in the day. Washing day! Bring out the wash tub! Put those kiddos to work! It's a hard knock life for us!

Start early in the morning, or put a load in at night before you go to bed so when you get up it can immediately be put in the dryer and give you a jump start.

It's intense. It's a lot of work. I also need to make a note here: this probably won't work for a larger family unless you're going to the Laundromat.

### **3. ONE LOAD PER DAY.**

This one is pretty self explanatory. You'll conquer one load of laundry every day. It becomes like washing the dishes or going potty – a normal thing.

Wash. Dry. Fold. Put away. But just do one load.

This should help you stay on top of things – so that you won't get that smothered, "I'm drowning in undershirts!" feeling.

Some days you might have two loads...think, sick kid laundry, washing sheets, or doing towels. But since you're used to doing one load every day, two doesn't seem so bad. You will not be taken prisoner!

### *Deciding what works for you*

So, there are three options for you. What's the best one? Well, that depends on your current state and also your personality.

Laundry day worked GREAT for us when it was only three of us here. When I kept adding more children, it became overwhelming and I had to stop.

I didn't care for the 3 day method, because I'm the type of personality that just wants to get things DONE. Like now. Not tomorrow. Those clean clothes are staring at me.

Right now, I'm in the one load per day camp. It's my happy place. It has become routine and I easily work it in to the schedule for the day (I take Sunday off).

While that works for me, some of you are screaming at the idea of laundry every single day...so maybe wash day is what works better for you.

Or maybe some of you have just decided to burn all your clothes and become nudists. That's cool. Adam and Eve were nudists.

I hope this list and commentary were helpful to you. And let me encourage you with this – we're all struggling with laundry. It's a necessary evil...the important thing is that it SHOULD NOT conquer us or put us into the depths of despair.

Find your method – and realize that it might change. And be willing to adapt.