

Mrs. CleanMol -- GTA Homeowner Reference 2026

How often to clean each room

Room	Daily	Weekly	Monthly	Seasonal
Kitchen	Counters, sink	Floor, microwave	Fridge, oven	Cabinets
Bathroom	Sink, squeegee	Toilet, floor	Grout, shower head	Exhaust fan
Bedroom	Make bed	Sheets, dust	Mattress vacuum	Flip mattress
Living Room	--	Vacuum, dust	Windows, deep vac	Upholstery
Entryway	Sweep (winter)	Mop, wipe hooks	Mats, baseboards	Declutter
Laundry Rm	--	Wipe machine	Clean drum	Check hoses

Quick frequency guidelines

1. Kitchen counters and stovetop: after every use (or at minimum, daily)
2. Bathroom toilet: at minimum once per week -- more often with multiple users
3. Sheets and pillowcases: every 7 days (hot wash 60C kills dust mites)
4. Vacuum carpets: twice a week with pets or allergies; once a week otherwise
5. Hardwood or tile floors: damp mop every 1 to 2 weeks
6. Windows: inside monthly; outside 2 to 3 times per year (spring, fall)
7. Refrigerator interior: monthly wipe-down; deep clean every 3 months
8. Oven: every 3 months or after a significant spill
9. Ceiling fans: monthly wipe (dust accumulates fast in GTA homes in winter)
10. Behind and under furniture: every 3 to 6 months

Need help? Mrs. CleanMol serves the GTA -- free quotes on all cleaning services.