

13 Tips for Organizing A Child's Bedroom



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Bedrooms need creative organization tricks and frequent purging, especially if your child has ADHD. **Is your child's bedroom set up to make it easy for them to create and maintain an organizing system?** If the answer is no, it's time to go on a tour of your child's bedroom using these questions as your guide:

- Can your child open their closet door easily? Or is it partially blocked? Would taking the door off the closet make the closet more accessible?
- Is the clothing rod at an accessible level? Are there shelves? Can your child easily reach them?
- Are you storing out-of-season clothing and items seldom used up high? Are the things your child needs to access frequently or daily in their "prime real estate" between their neck and knees?
- Are the dresser drawers hard to open? Are they crammed full? Would it be easier if the dresser were replaced with clear, properly labeled boxes in a shelving unit?
- Does your child have enough room to store all of their clothes?
- Does your child have enough hangers? Are they all the same? **Pro Tip:** Use the slim velvet ones for more hanging space.
- Does your child have plenty of hooks hung inside the closet, on the closet door (both inside and out), behind the bedroom door and anywhere else they need them to simplify organizing?
- Are you using storage bins and boxes that are clear AND clearly labeled so your child knows exactly where things are supposed to live?
- Is there adequate shelf space for books, memorabilia, electronics, and so on? Virtual space is critical for helping kids stay organized. Having their belongs in their eyeline helps to maintain systems.
- Have you hung a bulletin board? Cork squares? Pegboard? Anything where your child can get mementos, papers, or photos off the surfaces and onto the walls!
- Are the trash bin and laundry basket large enough? These items are essential when it's time to clean up or organize.
- Does your child's nightstand have room for an alarm clock, lamp, charging station and even a water bottle?
- Are there clothes or other items that don't belong to your child that are being stored in the room that can be moved elsewhere in the home?

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