

KILKENNY COUNTY COUNCIL LIBRARY SERVICE

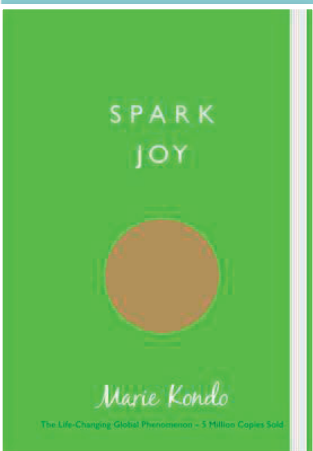
A Clean Home is a Happy Home ...let it all begin at the library



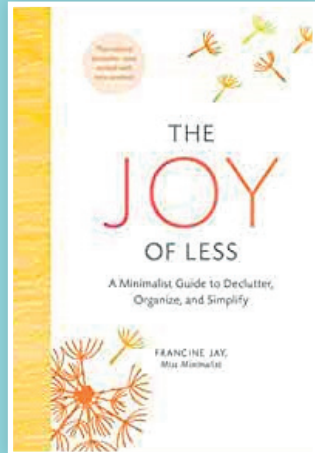
"THE house was clean, scrubbed and immaculate, curtains washed, windows polished, but all as a man does it-the ironed curtains did not hang quite straight and there were streaks on the windows and a square showed on the table when a book was moved."

John Steinbeck East of Eden

Everyone at this stage will have heard of Marie Kondo or watched her TV show on Netflix. She is a Japanese organising consultant who promotes the benefits of tidying and organising your house to make it clutter free from top to bottom. She has written a selection of best-selling books such as Spark Joy and The Lifechanging Joy of Tidying. These and lots of other similarly themed books are available at the library e.g. The Little Book of Hygge, the Joy of Less and The Minimalist Home.



Did you know that decluttering can help you practice mindfulness? Get rid of Auntie Mary's teaset which has never been used



and which you never really liked anyway; all those possessions that have multiplied over the years and are weighing you down. You will feel the freedom of letting go and freeing up all that space both mentally and in your living space.

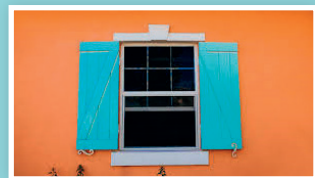


When you are cleaning, why not do so in a healthy and greener way? There are five everyday items that can be used to make your own sustainable cleaning products -

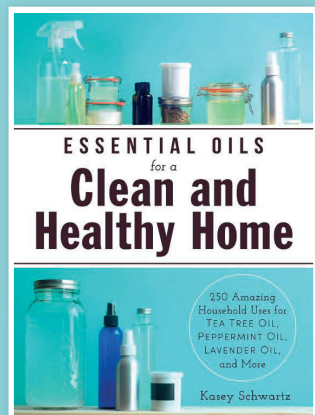
- Lemons
- White vinegar
- Bread soda
- Salt
- Washing soda.

These are cheaper and are environmentally friendly. For example, a quarter cup of vinegar and four cups of warm water will give you sparkly glassware. Vinegar, bread soda and water will make an everyday house cleaner. Mix

lemon juice with water to whiten whites in a low wash cycle. The library has a wide selection of books and e-books to get you started.



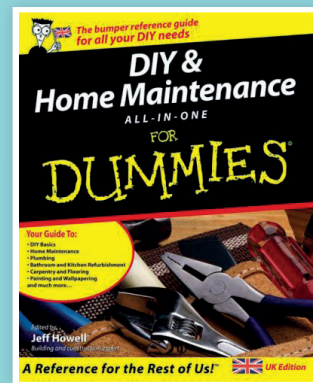
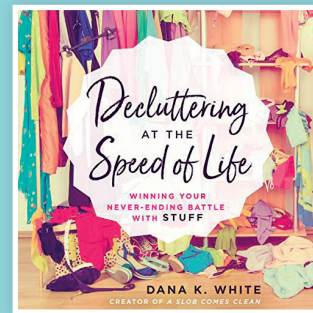
For internal air freshening and scent, use natural oils and products. Burn some essential oils to enhance your mood through the seasons. The easiest and most effective air freshener is to open your windows especially in this Covid climate and let the fresh air in!



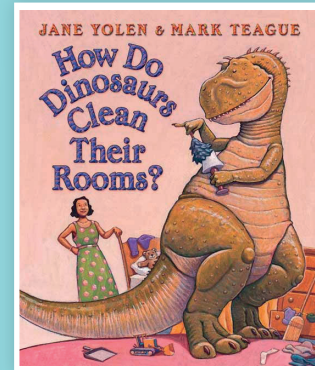
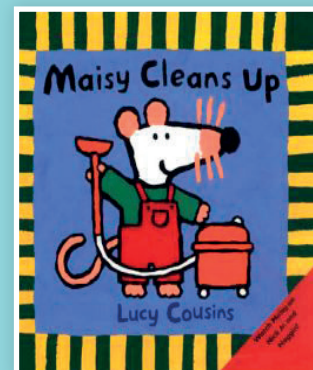
We have some great new recommendations for all your decluttering, DIY and home improvement needs. Just call into your nearest library (by appointment) or give us a ring and we can request from libraries all around the country.

Library membership is FREE.

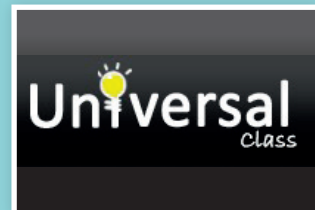
Check out the vast range of "cleaning books" at www.kilkennylibrary.ie



As we know from the past few months, getting the whole family on board with cleaning and tidying is essential for a harmonious house environment. Get the kids doing simple chores by assigning small daily tasks such as tidying up their toys, emptying the waste baskets, watering the flowers and most importantly, cleaning their hands. Borrow some age appropriate books from the library!



Go Online....



Kilkenny library service has free unlimited access to over 500 online courses including Housekeeping, Professional Organiser and Clutter Control.



Browse and download your favourite household magazines with free access from everywhere and no checkout limits.

Finally, have you considered decluttering your book collection?

Here is the best tip - don't hang on to books that have no personal meaning or intrinsic value. Join the library or go digital!

