

# 8 Reasons You Need a Housekeeper



**By Ilene Jacobs**

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Your life is busy enough.

Hire a cleaning service to help out.

If you've ever debated hiring a housekeeper, you might have come up with a list of reasons why you shouldn't: it's a luxury you can't afford or it's a sign of laziness. But have you ever thought about why you should?

Outsourcing your house cleaning is a way to manage your time more efficiently and it can be affordable, even for those on a tight budget.

Whether you're busy with a family and career, or just want some occasional help around the house, getting a cleaning service is not only practical, it be a lifesaver. Here are some valid reasons you may need to hire some help.

## **1** You Work Full Time

After a busy 9-5, using your time off from work to clean the house depletes your energy and limits your availability to enjoy other activities. You might not need a daily housekeeper, but having someone clean once or twice a month will give you more time to do the things you enjoy or need get done.

Jennifer Thomas, a clinical psychologist and single mom from Minneapolis, Minn. says that without the help of her housekeeper, she would get less done and get much less sleep: "I have a housekeeper to free up my limited time to do important activities with my son and also take care of myself: doing yoga, walking outside, reading and spending time with friends and family."

## 2 You Have a Busy Family Life

It's hard to find time or energy for family outings and date nights when you spend your time cleaning, cooking and taking care of your children. If your schedule is already overwhelming, keeping the house in order becomes a daunting task that can take a toll on your marriage, as well as your health.

Author Melanie Bowden from Davis, Calif., has her hands full between writing, teaching and being a mother of two. Housework was the main issue she and her husband fought over. "I felt very frazzled when I had to keep up with all of the cleaning without outside help and I grew resentful toward my husband that he wasn't doing more," she says. Hiring a housekeeper not only lowered her stress level, but also kept her marriage intact. "I just love coming home to a clean house on those days -- particularly when the bed sheets have been changed -- that's my favorite part," she adds. According to Bowden, having a housekeeper is a valuable time-management tool that everyone should consider.

## 3 You Enjoy Entertaining

Whether you're putting on a large event or just having company over, you don't need to add cleaning to your to-do list. Save your time -- and your energy -- for the party by hiring someone to clean your home before and after the event. Even if you're just having people over for dinner or to spend the weekend, knowing your housecleaning is taken care of takes the load off of you, and leaves you time to prepare for their arrival and enjoy the visit.

## 4 You Don't Know How to Clean

Remember all those times your mom tried to teach you how to clean? Good. Now, do you remember anything she actually said? We didn't think so. Cleaning isn't as easy as just turning on a vacuum. There are tips and tricks you learn with time or experience. Don't know how to clean your home? Hire a housekeeper to show you. She can clean it a few times and demonstrate the best methods. But be careful; you may like just having her do it -- and that's okay too!

## 5 You Don't Like Cleaning

Who does? But some people are better at it than others. Just because cleaning isn't your forte, doesn't mean you're lazy. Why waste your time and efforts doing something you're not good at, when you can have someone else do it? If cleaning takes you hours and you hate every minute of it, hire a housekeeper and devote that time to something more productive. If hiring

someone to clean weekly strains your budget, find someone to deep clean once a month. That way, you'll be better equipped to keep the house tidy the rest of the time on your own.

## **6 You Have Elderly Family**

You might not want or need someone to clean your own home, but your aging parents or other relatives might need help. As people get older, it becomes harder to take care of daily chores and housekeeping tasks. A disorderly home is a health hazard for the elderly. A cluttered floor can cause them to fall and eating from dirty dishes can make them ill.

Barbara Berta of Colorado Springs, Colo., hired a housekeeper to tidy her father's apartment once a week. "My dad had diabetes, so between his illness and his age, it was hard for him to keep his home as clean as he would have liked," she says. "I already had my hands full with chores around my own home, so the housekeeper was a huge help when it came to making sure my dad had a comfortable and clean living space."

If your aging parents need more help than just cleaning, hire a senior care aide who can care for them, run errands and provide light cleaning around the home.

## **7 You Have a New Baby**

A new baby in the house means lots of extra cleaning and laundry -- more than exhausted new parents may be able to handle. A housekeeper can help pick up the slack while you get used to your new routine. Family or friends want to pitch in and get you a gift? Instead of flowers, suggest they chip in for a housekeeper to help you out for a few weeks.

## **8 You Deserve a Treat**

Sometimes you just need a break. Manicures and massages are great, but you can also pamper yourself by hiring someone to clean every once in a while. It's a nice luxury that will give you some extra time to yourself. Go ahead, you've earned it!