



### **Real Moms Give Advice on top 10 ways to *Flip for Fall***

The season is changing and no matter where you live, homes everywhere are “flipping for fall.” That means cleaning out closets, changing décor and special cleaning in preparation for fall allergens and closed windows. Aller-Ease, manufacturer of allergen filtration bedding products, asked TheMotherhood, an online community of mom bloggers, to share how they *Flip for Fall*. Aller-Ease collected the tips and created the following ***Flip for Fall Ultimate Checklist***.

- Wash furniture slipcovers and throws that aren't on your bed and snuggle up with clean, allergen-free blankets.
- Keep your dryer vent clear: Excess lint in the dryer vent will cause extra dust to be released into your home. Speaking of laundry, flip those laundry loads quickly to avoid mold and mildew.
- Take down mini blinds, or at least while the curtains are washing, wipe blinds clean of all dust and debris. While you're at it, wash windows and seal windows along the edges.
- Change air filters, vents and maybe even call in the chimney sweeps!
- Clean the entire house using disinfectant, but especially don't forget the phone and door handles that are often overlooked. Steam clean the carpet as well.
- Create a *Flip for Fall* checklist for all the areas in your home (hall closet, master bathroom, beds, pantry etc.). Once an area has been cleaned, check it off and include the date.
- Clean out old items in the garage and attic, and get seasonal decorations ready. Use bins to organize by holiday or season so that you can easily locate them.
- Go through kids clothing and have them do a fashion show to make certain that everything fits. Clean their closets while everything is out.
- Make sure your flashlights have batteries and stock up on emergency candles.
- Change the look and feel of your home with simple changes like hanging a fall-themed welcome sign or changing your doormat, bring out seasonal candles, table decorations and even placemats.

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