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Inside!

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products

Make more time for fun 43 ways to simplify and enjoy your life

Strategies to tame warring siblings

GET ORGANIZED Real-life ideas to declutter your home

Break the rules and get a good night's sleep



A true story Asperger's Syndrome strikes one family three times



RIGHT Me and my lovourite clutter makers, husband Derek and son Cameron.

spring clean

CF's Senior Editor Brandie Weikle calls in the pros to help conquer her family's clutter

PHOTOS BY MICHAEL GRAYDON PROP STYLING BY SASHA SETHOUR

> OUTTA SIGHT Clutter Wrangler Jaclyn Rae quickly corrals some of Cameron's toys in an inexpensive import shop basket once used as under-bed storage for out-of-season clothes.

WE'D BEEN LIVING IN OUR HOUSE for more than a year, and while it certainly left like home. we were instrated by our lack of "wsterns" Technically our move gave us space - an extra bedroom, an outdoor storage shed, a garage, slightly bigger main rooms - but the tiny closets of our nearly 100-year-old "new" house meant every organizing vessel we'd used in our list place didn't fit. And we felt desperately short on time to source the new rock, bins and shelving we needed - not to mention the energy and will to face the sorting and purging! The front hall closet seethed with shoes, coats, mitts and scarves, paper skidded across the kitchen. counter (but seemed curioudy hard to find when anyone needed to jot down a phone message), and the toys were threatening a coup d'etat.

It was time for action. I grabbed the cute brochure for Jaclyn the Clutter Wrangler, snagged at a one-of-a-kind clothing store, and dialed her number.

When the apported day came, Jeclyn arrived an har beyde and rolled up her sleeves. I showed her around and said that we thought at least part of the answer to our problems lay in the attic, which we hadrill set foot in since the home inspection. Once we had the nickely pull down ladder replaced and the energyleaking space properly insulated, we could install shelven and start using the room for out-of-immon clothes, outgrown toys, bins of Christmas decorations, and all the detritus of family life currently bulging out of our home. >



TRAY CHIC (Left) The rad cover is pressed into service with a basket for bills, and a pencil holder and tray for message-taking (no more scribbling on the back of junk mail envelopes!). Our two-rewspaper a-day hobit is managed by a large, totable basket.

ARTIST BY THE WINDOW (Right) We'd had enough of the clunky plastic doctor's office – thanks, Grandma – so it went on sabbatical to make room for an easel and stool. Viryl mushroom stool, 5295, and bumper set by Dwell, \$450, both Nestings Kids. Klinteby carpet, \$200, and Mala paper roll, \$8, and Mala wooden abacus, \$13, all liera. Colouring book, \$0. Sported Zebra.

PULL OUT AND PLAY (Below) Making use of space under the bed, a trundle tray rols out to reveal a fun art and play centre.

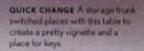




1-HOUR SOLUTION Customize your trundle box by adding a dowel for craft paper and ribbon Unlinow the project had seemed mammath, but Jackyn grabbed the calendar and helped us make a priority list and imeline. Niest, she and i hit the home official/guest room. I didn't know where to start, but Jackyn advised that we should just pick one comer, plow through it and move clackwise around the room.

In the months that followed, we executed Jaciyn's plan, checking in along the way Once the atric was ready, she helped us sort out and move stull up there. Our decluttering is still a work-in-progress – like you, we've discovered that home projects happen slowly when you have a three-year-old assistant. But what you'll see here are the results of the great start we've had with help from Jaciyn – and the crack design team at *Canadian Family* that made things look pretty. Just don't poly and look in my bedroom closet – yet.

Confession: The white slipcovers we purchased pre-Cameron don't always look this clean (I'm thankiu' for bleach). Next time I'll choose the wipe-cit beige microlibre! CF



Bill Film Ballore



DECLUTTERING DOs Here are some of Jaclyn Rae's tips for clearing your space and your head. (Find her at clutterwrangleccom.)

 Handle things only once The most common mistake in organizing is putting off decisions. So if you find yourself saying, 'That shirt is not very flattering on me,' put it in a bag to be donated straight away.

 Use little tools with big impact A recycling bin under the mailbox, cup hooks by the door for keys, a file on your desk for unpaid bills - these little tricks help you form habits that eliminate stress-inducing searches for stuff.

 Don't have multiple locations for the same items for example, each home should have one "paper-control centre," where mail, school notices, phone messages, calendar, etc., are kept.

4. Tackle big organizing projects in small chunks Make regular dates with yourself to tackle it one hour at a time. When the time is up, you're done no matter what. Organizing to exhaustion or instration is not worth it. If it's ore-time projects that are at issue, make deadlines like "buy sharing for the loundry room by April 300" switch seasonal wardhobe by May 31".

 Never leave a room empty-handed. Return one thing to its place as you move from one part of the house to another. A little every day is better than a big cleanathon.

6. Go through your child's stuff every six months. Make a touline with your child of doming clothes and toys to charity and archiving art and school work. Think about how much you really need to save as longsakes - one tray outfit and a couple of special toys is enough. For terms stored for hume children, use clear plastic bins labeled "18-24 mo, girls clothes," '0-1 yr toys," and place on utility shelving in your basement, attic. or garage.

 Get storage off the floor A bookshift that's screwed into the wall at your child's eye level will leave more room for her to play.

To read our complete interview with Clutter Wrangler Jaclyn Rae and a journal of Brandie's big sort, go to canadian(amilyca. SLUSH BUCKET (Above) Most of our shoes live in an organizer in the hall closet, but there's just enough room on this tray for each of us to place a pair of soggy shoes or boots. Cast alumnum tray, \$59 Indoors & Out. 15-MINUTE SOLUTION Pour pea gravel into a waterproof tray for wet boots

What I learned: Don't wait for a miracle weekend. Pick a drawer or closet shelf and see what you can do in 20 minutes

Find it Page 102.