

Letting Go Of Laundry Lunacy

By *Trish Berg*

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Did you ever wonder how many loads of laundry you could get done in one night? Well, I have discovered the answer... 6 Yes, I stayed up late one night and was able to wash and dry (and yes fold) 6 loads of laundry. I felt like I had accomplished something, even though I didn't get them put away; that's another day's work altogether.

What brought on this night of laundry lunacy you might ask? Just the fact that as a mother of 4 children all under 8, I can't seem to find the time during the day to get the laundry done. In fact, many housework chores get delegated to the late evening hours, when the kids are in bed. It's almost as if I am working the 3rd shift just to keep my head above water.

I think somewhere in the literature that they pass out when you take a Lamaze class before having your first child, there should be a laundry clause:

"Having this child, and any subsequent children, will create mounds of dirty laundry that only you, as the mother, will have the secret knowledge and ability to wash, dry, fold and put away. Plan on at least 1 load per week for each person in the family, and plan on laundry lunacy driving you crazy at times."

After trying many different approaches with my family's laundry, from nightly washing to weekly, I have yet to find the perfect method of keeping my family in clean clothes and keeping some semblance of my sanity. What I have learned over the past 8 years is not to stress about it. Whether the hamper is full, overflowing, or empty, my life will not revolve around laundry.

In fact, I am sure that my children are not bothered in the least to wear the same PJ's a few nights in a row. What they would be bothered by is a mom who is tired and stressed out.

What my children need is a mom who is joyful, dirty laundry in the hamper or not. A mom who finds joy in her daily chores. In fact, that is what God calls us to be: joyful. "And I commend enjoyment, for man has no good thing under the sun but to eat, and drink, and enjoy himself, for this will go with him in his toil through the days of life which God gives him under the sun,." Ecclesiastes 8:15

Each day is a blessing, and as moms, we must find the joy in our mothering; including laundry.

Twenty years from now, your grown children will not remember when you did the laundry. What they will remember is living in a joyful home, full of peace and love, for each other and for Christ.

That is why I let go of my laundry lunacy. When I have the time, I do the laundry. When the hamper is full, I simply empty it in the laundry room so I don't have to see it until I am ready to do it.

This system, flaws and all, seems to have alleviated the laundry lunacy in my home. And the joy that has replaced the stress is evident on my little ones' faces as mommy takes the time to read books or play games with them.

However, someday if you see me in the backyard with a pile of dirty laundry and a match, just know that I finally hit the limit. But also know that my children will be able to sit on mommy's lap and snuggle and listen to a good book, or maybe play a game of Chutes and Ladders.