

# Enlightened Organizing

Monthly Newsletter July 2007

[www.sabrinasorganizing.com](http://www.sabrinasorganizing.com)

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This month, we will discuss how to communicate with a child, especially when they need to get rid of toys.

I hope you are Enlightened by our newsletter!

Feel free to pass it on to your friends and family! Any feedback would be greatly appreciated!

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## Quote of the Month

**80% of What We Keep  
We Never Use!**

Agency Sales Magazine, April 1, 2003

## Look For Me!

Check out **New Homes Directory**  
Magazine July / August issue!

**I will be featured in a  
Kitchen organizing article!**

During Memorial Day weekend, after climbing over lots of toys in the heater room, we realized we needed to replace our heater and a/c units. I went on a mission to purge the children's unused items. With a son who wants to keep everything for the rare occasion his friends or cousins come over, it was not an easy task.

So, I sat down with him and we discussed making room for new more exciting toys! I first explained to him the difference between "needing" and "wanting" to keep items.

"Wanting" is wishing to keep something because there was a connection to it in the past. For example, wanting to keep a doll because your aunt gave it to you when you were younger, but you have not played with it recently, or it is no longer your favorite.

"Needing" is for items that you use today and will use in the future; like reference guides or a storage bin for loose toys and school supplies.

I decided to describe the difference in very simple terms so my 7 year old would understand it. From my experience; children look to their feelings first to decide if they are willing to get rid of an item. This process helps them distinguish what they are feeling and what to do with the feelings.

It was time to jump right in and start purging! I was so excited!

We pulled out everything from the closet. Then, each item we put our hands on we asked these questions:

1. Is there little or no dust on the object? I explained to him that if it had a lot of dust that meant he has not use it for a while because dust settles on items that have not been moved.
2. Does he remember the last time he played with it?
3. Is it a toy for his age?
4. Does it still fit him?
5. Is it in good condition?

If he said, "no" to any of these questions, chances are, we could get rid of it without a major meltdown.

We were able to eliminate 12 bags of toys from games to large figures using this process. To help him let go of those items that were borderline need and want, I promised him I would give these toys to other younger children who may not be able to buy them for him or herself. So, I emailed to my friends and family and anything that wasn't given away went to Goodwill.

Another way to help your child get rid of unused toys is to ask them if there is a toy they want to replace these toys. You can promise them that they could have a new toy if they get rid of a target number of old toys. This way, your child will also feel that you understand his feelings in letting go of items. This will give him the incentive to purge. Chances are as they get going, they will get excited and start getting rid of a lot more than the number you indicated.

As life changes, the new system and items will need to be looked at and modified again. After all, organizing is a process that consistently needs changing. That is the main reason I never get bored of organizing!

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Sabrina

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