The air quality of your home is more important than many people realize. If you have young children, the quality of the air in your home can affect their health and physical and mental development.



Read our guide to find out what you can do to improve the air quality in your home and protect your family.

Keep it Clean

House cleaning and domestic chores can be a real pain. It feels like a job that never ends as there is always something that needs to be done to keep your home clean and tidy.



It is incredibly important to do, however, if you want to improve the air quality in your home. Dust and dirt are the primary air contaminants in any space, and the rooms in your home are no different. Try implementing a cleaning schedule in your home to make sure you stay on top of all of the chores. This can be great if you have children, as you can give them regular tasks to complete to help them maintain the home they live in and improve the air quality, which will benefit them the most.

Add Plants that Naturally Purify the Air

Plants can be very useful if you want to improve the air quality of a space and deal with odors. They can also add color and texture to your decor.

Not every plant offers these benefits. Flowers can actually decrease the air quality of a

space by contaminating it with pollen, which can affect people with allergies and asthma, and by attracting insects or pests that can cause further problems. A great plant for air purification is Aloe Vera, which is also easy to maintain and very fashionable at the moment as it is a succulent plant.



The leaves of the Aloe Vera plant have a large surface area, and so they absorb a lot of carbon dioxide from the air and release a large amount of oxygen for their size. They also have natural antibacterial properties, which is why it is used so much in hand soaps and natural cleansers, and this helps clean the air in the spaces they inhabit.

Invest in Air Purifiers and Fresh Filters

Air purifiers are a great addition to the home if you are suffering from poor air quality or struggling to deal with odors.

A small air purifier is quite capable of purifying the air in any room or even a kitchen space

and can give you the extra boost you need to get better quality air in the home. If you have air conditioning in your home, you should check your filters and replace them regularly. These can become blocked with contaminants over time and these particles will find their way around your home. Taking this simple step can improve the air quality in your home massively.

Clean Furniture and Fabrics Regularly

The furniture in our homes, such as sofas, chairs, and mattresses, can become magnets for dust, dirt, and contaminants. Regularly cleaning these furniture items should be one of your household chores if you want to improve your air quality.

Steam cleaning and vacuuming can be very effective at combatting this. You should also take some time to investigate what your home furnishings are made from. Some sofas and mattresses, particularly older ones, have been made with materials that can degrade over time and release toxins into the air. There are some modern mattresses available that are made from non-toxic materials and work at improving air quality while you sleep! Check what your mattress is made from and make sure you are getting the best possible air quality while you rest.

By taking just a few of these steps, you can make a massive improvement to the quality of the air in your home and reduce the number of airborne contaminants that can affect the health of you and your family.