



Vlasta Hillger is a Seattle-based writer, blogger, professional organizer, wife, and mother to two teenage sons. She believes organizing is about simplicity and practical spatial placement of the items in our homes. It wasn't until Vlasta had children that she realized just how much being organized helped her cope with the demands of motherhood. When her son was in third grade he was diagnosed with ADHD and anxiety. He had always been an energetic child who couldn't sit still long enough to eat dinner and was happiest doing any active sport. But he became anxious at school and impulsive and frustrated at home. When he began to struggle at school and received his diagnosis, Vlasta educated herself about ADHD and anxiety and used her organizational skills to create a home environment where her son could thrive. She reduced distractions in her home to help her son focus on homework and daily routines. She worked on consistently practicing daily routines, fostering self-reliance and independence in her son. She continually reduced clutter and any other visual noise, to reduce her son's anxiety. She began to understand that more than ever, maintaining a calm, organized home was critical for her son and family.

Vlasta credits her Czech heritage for her pragmatism and no-nonsense approach to home organizing. She finds solitude in reading and sanity in practicing yoga. Vlasta is a graduate of the University of California, Santa Barbara where she earned a bachelor's degree in political science. Reach Vlasta at vlasta@SimplifyExperts.com.