



Personal hygiene

What is personal hygiene?

- How you care for your body.



Why is it important to have good hygiene?

- People will want to be around you.



- It helps you be independent.













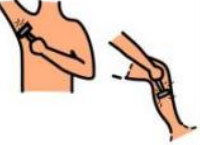


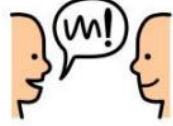

- It helps you do your best at school, work, and other places.



- **It helps you stay healthy!**



Story About Grooming/Hygiene for Girls

| | | | | |
|--|--|--|--|---|
| <p>It is important for me to take care of my body.</p>  | <p>Taking care of my body will help me feel good about myself!</p>  | <p>I need to do the following to take care of my body.</p>  | <p>Wash my face.</p>  | <p>Brush my teeth.</p>  |
| <p>Wash my hair.</p>  | <p>Wash my body.</p>  | <p>Brush my hair.</p>  | <p>Put on deodorant.</p>  | <p>Cut my nails.</p>  |
| <p>I might shave my armpits and legs.</p>  | <p>It is also important for me to take care of my clothing.</p>  | <p>My clothing should not be dirty and should not smell.</p>  | <p>If I have any questions, I can ask my mom or dad.</p>  | <p>People will want to be around me if I take care of myself.</p>  |

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[Story About Grooming Hygiene for Boys.pdf](https://www.advocatehealth.com)
(advocatehealth.com)

Story About Grooming/Hygiene for Boys

| | | | | |
|---|--|--|---|---|
| <p>It is important for me to take care of my body.</p>  | <p>Taking care of my body will help me feel good about myself!</p>  | <p>I need to do the following to take care of my body.</p>  | <p>Wash my face.</p>  | <p>Brush my teeth.</p>  |
| <p>Wash my hair.</p>  | <p>Wash my body.</p>  | <p>Brush my hair.</p>  | <p>Put on deodorant.</p>  | <p>Cut my nails.</p>  |
| <p>I may want to shave my face. It is ok to ask for help.</p>  | <p>It is also important for me to take care of my clothing.</p>  | <p>My clothes should not be dirty.</p>  | <p>My clothing should not smell.</p>  | <p>If I have any questions, I can ask my mom or dad.</p>  |
| <p>People will want to be around me if I take care of myself.</p>  | | | | |

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[Story About Grooming Hygiene for Girls.pdf](https://www.advocatehealth.com)
(advocatehealth.com)

Ways to keep your body clean



Wash your hands often!



**Wipe clean after using
toilet**



**Take a bath/shower
3-5 times a week**



Wash face 1-2 times a day

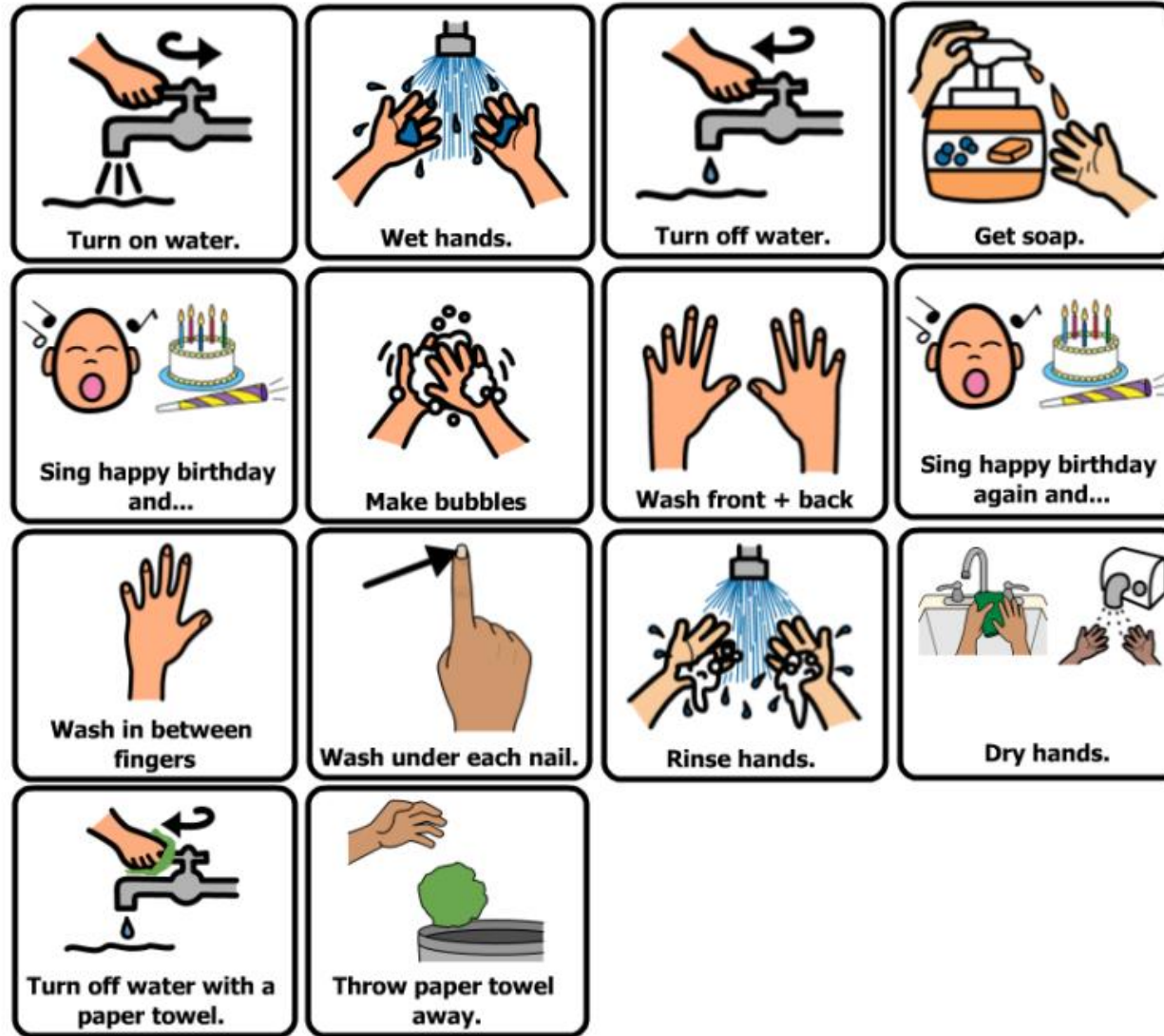


**Brush teeth 2-3 times a
day**

[How to Wash Your Hands - YouTube](#)



How to Wash Your Hands



How often should you wash your hands?

Before and after
you eat.





After you use the
restroom.



When you come in
from outside.





How often should you wash your body?





Once a month

1



Every other day or
3-5 times a week

2



Once a week

3

How often should you wash your face?



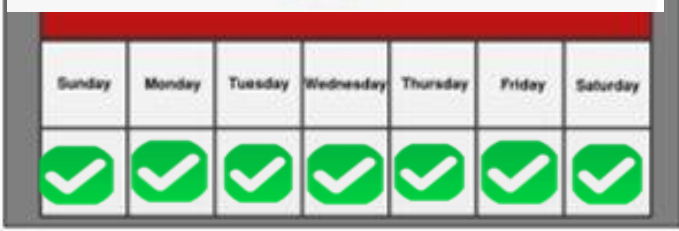
Once a month

1



Never

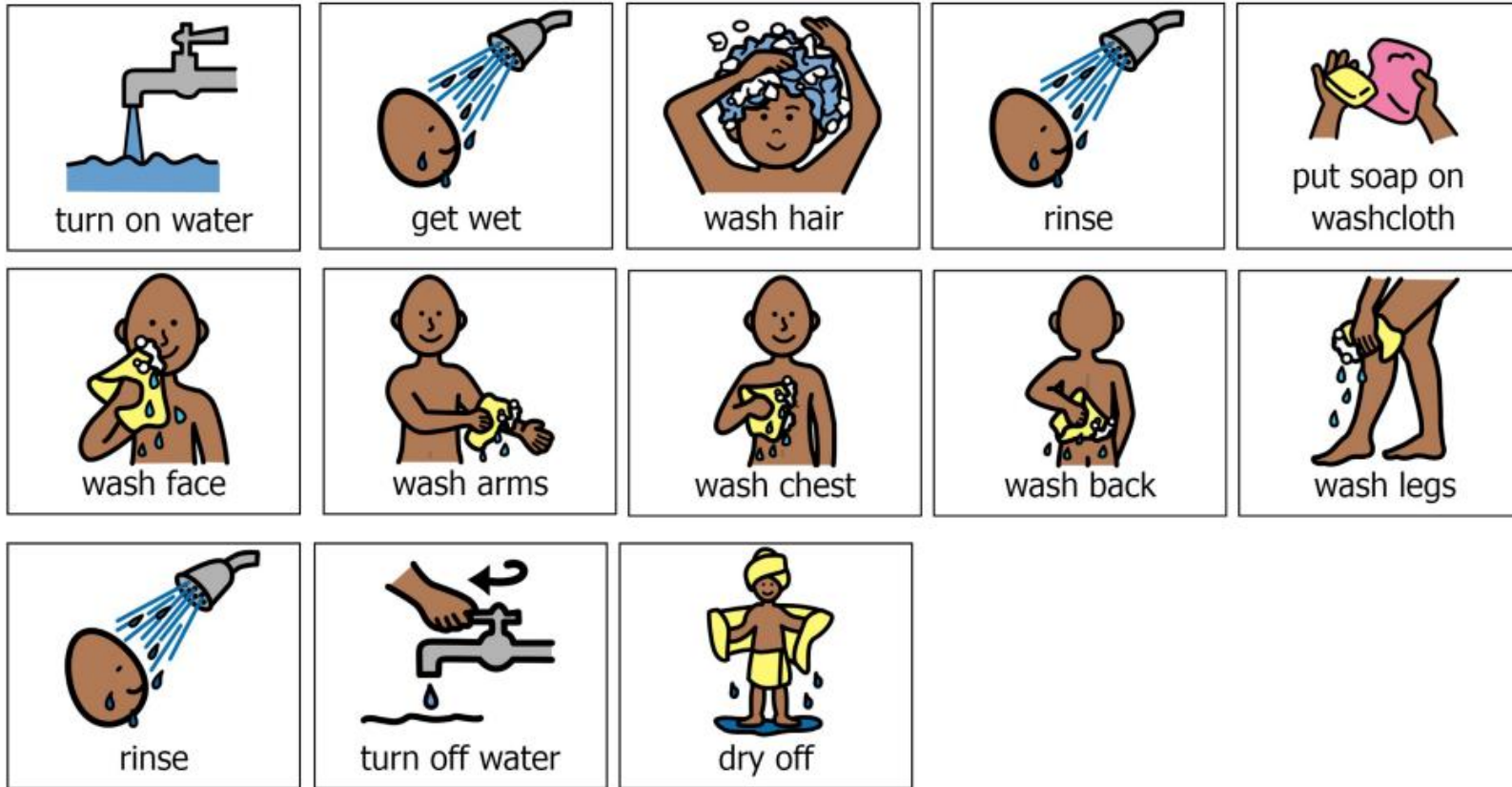
2



1-2 times a day

3

My Shower Routine



Tips to make showering easier

When you have trouble reaching



Put bath products in pump bottles and label with body part



To prevent water in eyes or ears



Help with water temperature



Use a handheld shower head



Hang a fogless mirror



To prevent long showers







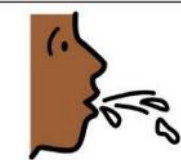







Brushing teeth













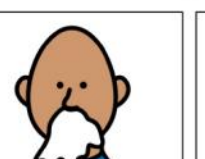



Brushing Teeth

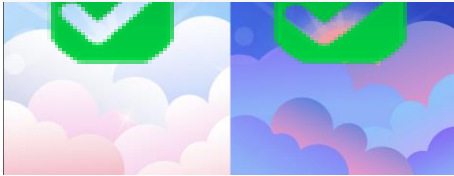
| | | | | |
|--|--|--|---|---|
|  Get toothbrush and toothpaste |  Turn on water |  Get toothbrush wet |  Put toothpaste on toothbrush |  I will be gentle |
|  Brush bottom teeth all sides |  Spit out toothpaste |  Brush top teeth all sides |  Spit out toothpaste |  Rinse out mouth |

| | | | |
|---|---|---|--|
|  Rinse toothbrush |  Turn off water |  Wipe mouth |  Put away toothbrush and toothpaste |
|---|---|---|--|

Brushing Teeth

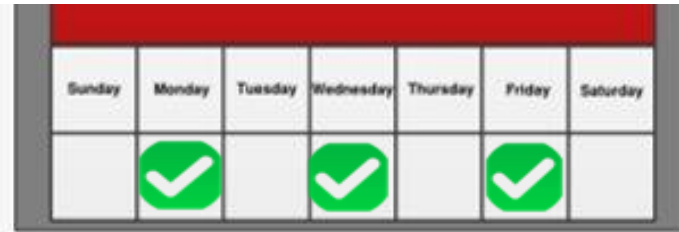
| | | | | |
|--|--|--|--|---|
|  Get toothbrush and toothpaste |  Turn on water |  Get toothbrush wet |  Turn off water |  Put toothpaste on toothbrush |
|  Brush bottom teeth all sides |  Spit out toothpaste |  Brush top teeth all sides |  Spit out toothpaste |  Turn on water |
|  Rinse out mouth |  Rinse toothbrush |  Turn off water |  Wipe mouth |  Put away toothbrush and toothpaste |

How often should you brush your teeth?



At least in the morning
and evening, every day

1



3 times a week

2



Whenever you feel
like it!









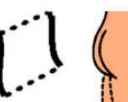





3

Strategies and tips for brushing teeth and flossing






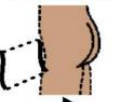





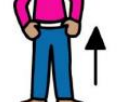


- Use an electric toothbrush .
- Have a playlist in order to brush long enough.
- Use a visual support to remember each step.
- Flossing—water picks or floss picks.
- Mouthwash in addition to, not instead of.



Using the Toilet Boys/Men

| | | | | |
|--|--|---|---|---|
| Go into bathroom and close the door  | Pull down pants and underwear  | Sometimes I pee in the toilet  | I can stand or sit when I pee  | Sometimes I poop in the toilet  |
| I will sit when I poop  | Wipe bottom with toilet paper after pooping  | Put used, dirty toilet paper in toilet  | Wipe until the toilet paper is clean  | Put used, clean toilet paper in the toilet  |
| flush the toilet  | pull up underwear and pants  | wash hands  | dry hands  | |

Using the Toilet Girls/Women

| | | | | |
|--|--|--|---|--|
| Go into bathroom and close the door  | Pull down pants and underwear  | Sit on toilet  | Sometimes I pee in the toilet  | Sometimes I poop in the toilet  |
| I will wipe my private areas from front to back  | Wipe bottom with toilet paper  | Drop used, dirty toilet paper in toilet  | Wipe until the toilet paper is clean  | Drop used, clean toilet paper in the toilet  |
| Flush the toilet  | Pull up underwear and pants  | Wash hands  | Dry hands  | |

Strategies for good toilet hygiene

- Moist wipes



- Check in the mirror



- Toilet aid



- Use a bidet





Other grooming activities



TIPS for shaving your face or underarms

- Use an electric razor



- Check your work by looking in a mirror



- Check your work by feeling for hairs



- GO SLOW so you don't get a cut



TIPS for shaving your legs

- Sit down if you can



- Be gentle, don't push hard on the razor



- Shave DOWN your leg



- GO SLOW so you don't get a cut



TIPS for combing your hair



Use a clip instead of a scrunchie or hair-tie.

Check the back of your head to make sure it got combed.



[How to Put Your Hair into a Ponytail video](#)



[Use a No-pull Brush](#) if you don't like the feeling of combing.

TIPS for taking care of your skin



Use a moisturizing cream daily.



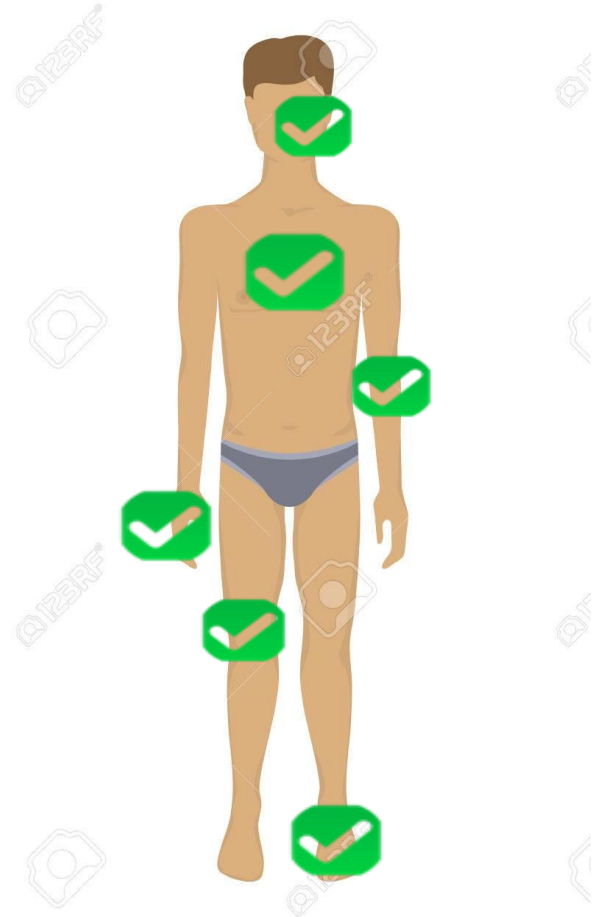
Rub it in until you cannot see it and it is not slippery .



Wear gloves if you do not like the feeling of lotion



Try a wet or spray lotion if you do not like the feeling of other lotions



[Tips for Dealing with Dry Skin Video | Adult Down Syndrome Center \(advocatehealth.com\)](#)

[Lotion Options.pdf \(advocatehealth.com\)](#)

[Skin Care.pdf \(advocatehealth.com\)](#)



TIPS for cleaning and cutting your nails





































- Cut or file your nails if they are long or broken.
- You can clean your nails when you wash your hands.
- Cut your nails when they are wet-either after soaking in water or bathing.
- Get a manicure or pedicure.
- There are safe ways to do it by yourself.
- It is ok to ask for help!

TIPS for using deodorant

- Use deodorant everyday.
- Can use spray deodorant or stick/roll-on deodorant.
- Helps you if you sweat or have underarm odor.



PERSONAL HYGIENE CHART

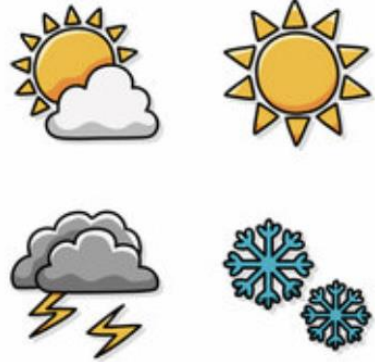
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|---|---|---|---|
| take bath or shower  | | | | | | | |
| brush teeth  |   |   |   |   |   |   |   |
| wash face  |   |   |   |   |   |   |   |
| use deodorant  | | | | | | | |
| use lotion  | | | | | | | |
| brush hair  | | | | | | | |
| shave  | | | | | | | |
| nail care  | | | | | | | |

| | | | |
|--|---|--|--|
| My outfit should...  | be clean  | match  | be okay for the weather  |
|--|---|--|--|

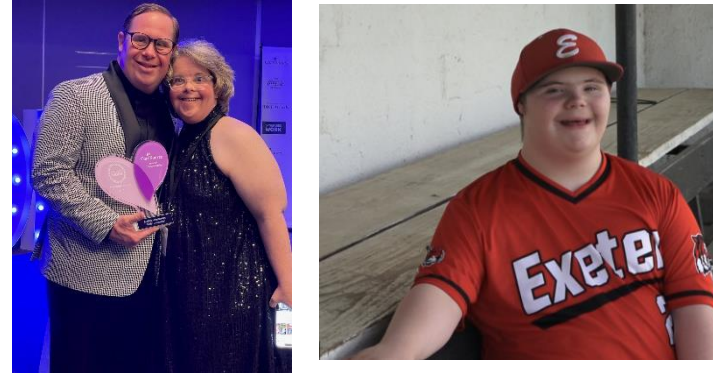


Clothing

Ways to dress appropriately



What's the weather?



What's the occasion?



**Are my clothes clean or
dirty/ripped/stinky?**



Do I like it?

Which outfit is appropriate?

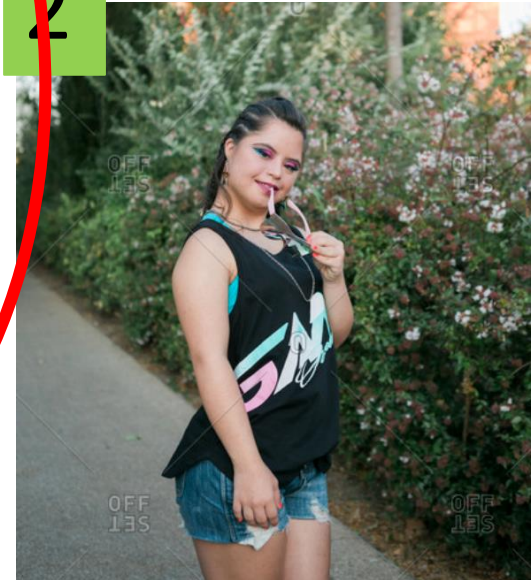
It's snowing outside and you have to get to work.



1



2



Which outfit is appropriate?

You have an important job interview.



1



2

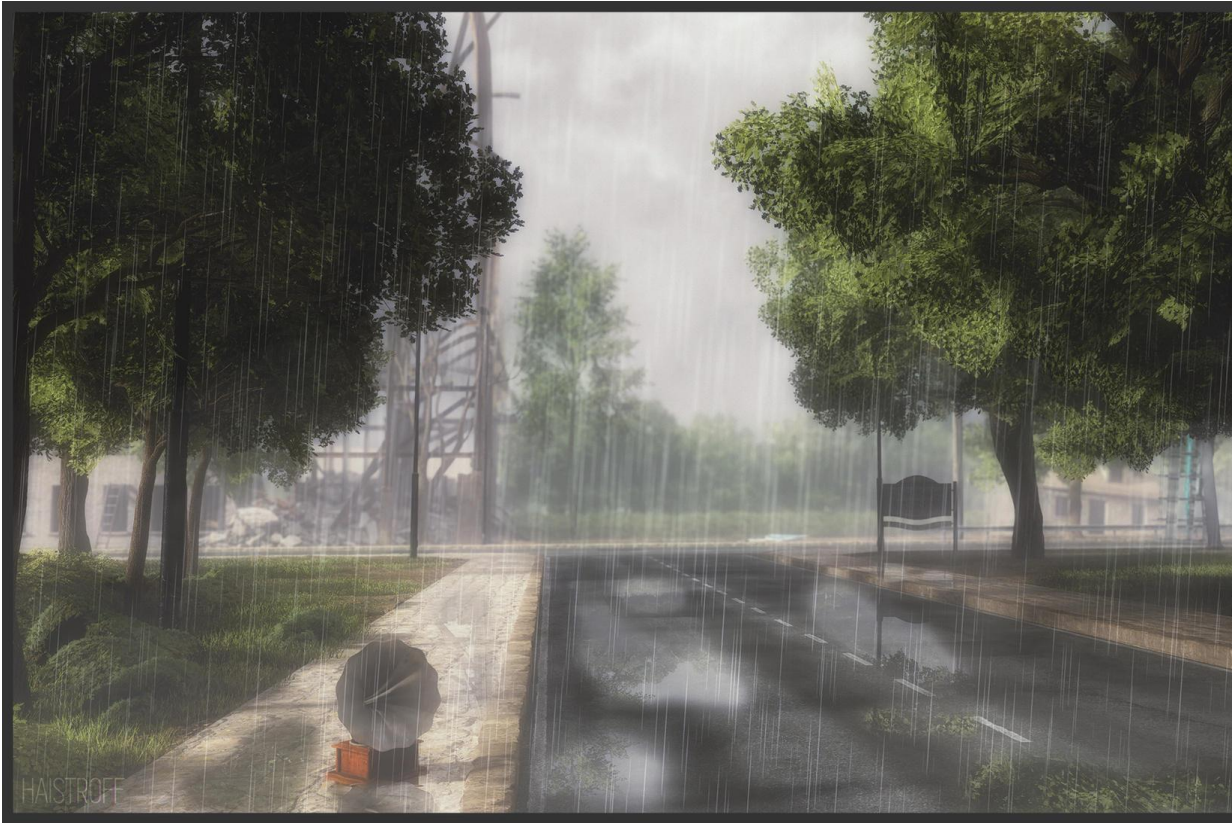


Which outfit is appropriate?

You are going to a baseball game in the summer!



Which outfit is appropriate?
It's pouring rain!



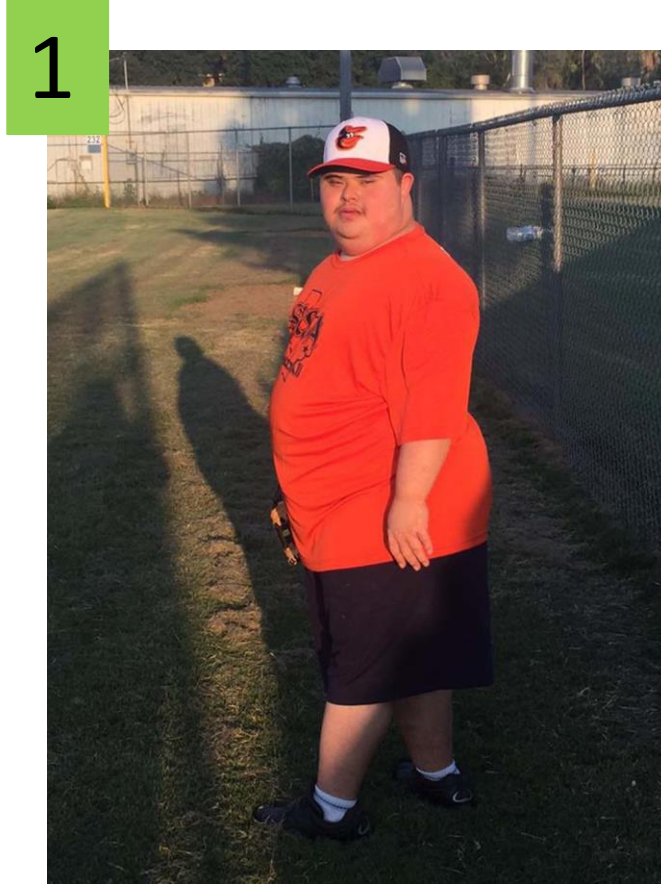
1



2



Which outfit is appropriate?
You are going to a fancy party.



Which outfit is appropriate?
You are going on a date with your romantic partner.

2




1



For boys/men

[Choosing Clothing - Male.pdf \(advocatehealth.com\)](#)


Clothes for Cold Weather



When it is cold outside, I need to wear a coat. I may also need a hat, scarf, and gloves. I wear pants and long sleeve shirts when it is cold. I wear shoes and socks. I may even need boots!

| | | | |
|-------------------|-------|-------|-------|
| coat | hat | scarf | pants |
| long sleeve shirt | shoes | socks | boots |

Clothes for Warm Weather




When it is warm outside, I can wear shorts and t-shirts. I can wear sandals if I want to, but I can also wear my tennis shoes. I may even get to wear my bathing suit if I am going to the pool or beach!

| | | |
|--------|-----------|--------------|
| shorts | tee shirt | bathing suit |
| shoes | sandals | |

For girls/women

[Choosing Clothing - Female.pdf \(advocatehealth.com\)](#)


Clothes for Cold Weather



When it is cold outside, I need to wear a coat. I may also need a hat, scarf, and gloves. I wear pants and long sleeve shirts when it is cold. I wear shoes and socks. I may even need boots!

| | | | |
|-------|-------------------|-------|--------|
| coat | hat | scarf | gloves |
| pants | long sleeve shirt | | |
| shoes | socks | boots | |

Clothes for Warm Weather



When it is warm outside, I can wear shorts, t-shirts, and dresses. I can wear sandals if I want to, but I can also wear my tennis shoes. I may even get to wear my bathing suit if I am going to the pool or beach!

| | | |
|---------|-----------|--------------|
| shorts | tee shirt | dress |
| sandals | shoes | bathing suit |

Wrap-Up

- Having good hygiene helps us be social, independent, and healthy.
- We should keep our bodies clean and well-groomed as a part of our routine.
- We should dress in clean clothes that are appropriate for the weather and occasion.

