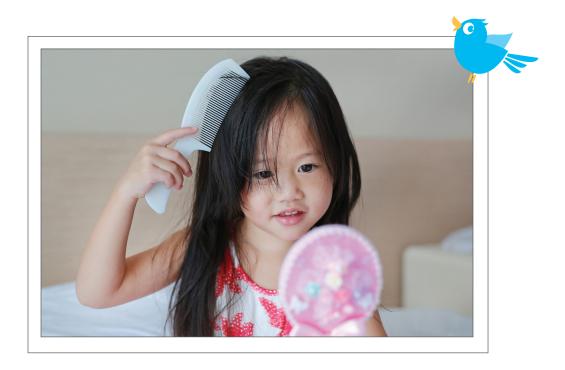
## Hygiene Home Program: Expanding on Skills

This home program is designed to help your child with brushing/combing their hair.



What to do at Home: Use visuals to sequence the steps for hygiene routines.

**BBD Tip:** Getting your child to brush their hair and teeth can be a challenge. These tasks can make your child feel powerless.

#### **Potential challenges:**

- Scary to have something placed into your mouth
- Overwhelmed for sensory reasons
- Frustrated due to difficulties with sequences
- Cannot complete physical movement

However, maintaining personal hygiene is vital. Teaching these skills may take time and patience, but it is an important aspect of self-care. Your child will feel independent when they master these skills. You will feel ease as your child's primary caregiver.



# Hygiene Home Program: Expanding on Skills

### You can help your child during:

### Playtime:

- Brush a toy's teeth and hair
- ◆ Talk to your child about why we participate in hygiene routines
- This may help your child process their feelings, ask questions, and practice without fear

#### **Build Your Skills:**



Make brushing fun!

1. Let your child pick out their supplies

Toothbrush Color:
Toothpaste Flavor:
Hairbrush/Comb Color:

- 2. Most dentists recommend brushing teeth for 2 minutes
  - Play a song while brushing
  - Daniel Tiger has a song that tends to be popular

## **Tips and Tricks:**

- Brush teeth as a family to encourage participation
- When guiding your child with verbal directions, try to use simple language
  - Hygiene routines can be overwhelming for sensory reasons
  - This may help to reduce language demands
  - Ex. "Up, down"