

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.

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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"

