

# Personal Hygiene

1. Begin a daily personal hygiene routine with the child with FASD at an early age. By establishing a routine, the individual does not have to remember when the last shampoo occurred or determine if a bath is needed.
2. Brush your teeth with tooth paste twice a day
3. Wash your face daily with lukewarm water and a face cloth.
4. Shower or bath every day.
5. Squirt a toonie sized amount of shampoo into your hand and rub it into your hair and scalp. When you are finished working the shampoo into your hair, place your hair underneath water, and run your fingers through your hair to rinse it out. Repeat the same steps with conditioner, however leave the conditioner in your hair for at least two minute. While waiting to rinse out the conditioner, start your body wash routine. Use bar soap or body wash to cleanse and freshen up your body. When hopping out of the shower, all shampoo, conditioner, and soap should be rinsed off of your hair and body.
6. Put lotion on your body after your shower.
7. Use cotton swabs to clean your ears after your shower. Be careful to only place the tip in your ear.
8. Brush your hair after you have had a shower and first thing in the morning.
9. Put deodorant on every morning.
10. Put clean clothes on every morning.
11. Post hygiene routines inside the door of the medicine cabinet so that it can be used daily but out of sight.
12. Post a homemade STOP sign on the bathroom door that lists the crucial items that must be done before leaving the room.
13. Use timers for showers and teeth brushing.
14. If overly long showers are a problem, put a timer in the shower that shuts the shower off.
15. Place numbered stickers on items in sequential order (i.e.; 1 - shampoo, 2 - conditioner, 3 - body wash, etc.)
16. Color-code and/or label items such as towels, toothbrush, comb, etc. for quick identification.
17. Do not walk barefoot on the city streets and sidewalks.
18. Do not use other people's shoes unless they have been sanitized or you have clean socks.
19. Wash your hands every time you use the washroom, and prior to preparing or eating food.
20. If overfilling the tub is a problem, use indelible ink to draw a line on the bathtub to prevent the individuals from overfilling the bath.
21. Keep that hot water tank temperature down or invest in a scald-guard faucet. This is essential for individuals with FASD who do not have a normal sense of pain and temperature.
22. Have family members model taking care of grooming needs in view of the individual, and talk about how important and enjoyable grooming is.

