

HYGIENE

The Shower Routine

What we are working on at yeshiva this week

What this means

- 1. Water on — check it is warm, not hot
- 2. Wash your body with soap
- 3. Rinse the soap off
- 4. Shampoo your hair

The words we use — please use the same ones

“Same steps, same order, every day..”

What helps at home

Keep the same order every day. The order is what he is learning, more than the washing.

You will know it is working when

- 1. Water on — check it is warm, not hot
- 2. Wash your body with soap
- 3. Rinse the soap off

You do not need to teach a lesson

Using the same words as yeshiva is the whole thing. Please do not explain more.



HYGIENE

Teeth and Mouth Care

What we are working on at yeshiva this week

What this means

- Top right
- Top left
- Bottom right
- Bottom left

The words we use — please use the same ones

“Four zones. Two minutes. Twice a day..”

What helps at home

Brush at the same two times each day. Same times, same place.

You will know it is working when

- Top right
- Top left
- Bottom right

You do not need to teach a lesson

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HYGIENE

Hands and Nails

What we are working on at yeshiva this week

What this means

- Before eating
- After the bathroom
- After coming in from outside
- After sneezing or coughing

The words we use — please use the same ones

“Twenty seconds. Between the fingers. Under the nails..”

What helps at home

Twenty seconds, soap, between the fingers. Wash alongside him rather than watching him.

You will know it is working when

- Before eating
- After the bathroom
- After coming in from outside

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HYGIENE

Clean Clothing

What we are working on at yeshiva this week

What this means

- Stains — any marks on it?
- Smell — does it smell fresh?
- Wrinkles — has it been slept in or crumpled?

The words we use — please use the same ones

“Stains. Smell. Wrinkles. Then decide..”

What helps at home

In the morning, ask the three questions before he dresses: stains, smell, wrinkles.

You will know it is working when

- Stains — any marks on it?
- Smell — does it smell fresh?
- Wrinkles — has it been slept in or crumpled?

You do not need to teach a lesson

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HYGIENE

Daily Grooming

What we are working on at yeshiva this week

What this means

- Comb or brush your hair
- Wash your face
- Put on deodorant — clean, dry underarms
- Check yourself in the mirror before you leave

The words we use — please use the same ones

“Comb. Wash. Deodorant. Mirror check..”

What helps at home

Put a mirror where he passes it on the way out, and let the mirror do the reminding.

You will know it is working when

- Comb or brush your hair
- Wash your face
- Put on deodorant — clean, dry underarms

You do not need to teach a lesson

Using the same words as yeshiva is the whole thing. Please do not explain more.

