

Tracks to Transition: Teaching Your Teen Daily Hygiene.

Use the tips below to help your teen use the bathroom by themselves for everyday hygiene. This means that the parent or caregiver is **outside** of the bathroom.

Bathroom Safety

- Place a lock on all medicines that are stored in the bathroom.
- Install grab bars around the bathtub to give support for standing and bending.
- Use bathmats for slick floors and better balance for the feet.
- Use a baby monitor to hear what is going on during the final stage of independence.
- Keep the bathroom door unlocked or slightly open in the case of an emergency.

Other Tips

- For teens that are sensitive to water, try using a rain shower head for more gentle water flow.
- Use a handheld shower wand to direct the water where they want it.
- Use water faucets that pull on and push off instead of turn.
- Use something to show hot and cold faucets. Consider red (hot) and blue (cold) hair scrunchies or bath chalk or crayons in red and blue to write HOT and COLD.
- Make a list or show pictures for tasks such as:
 - using the toilet
 - washing hands
 - brushing teeth
 - taking a shower or bath

Hang the list in the bathroom so your teen can see it while doing the task.

- Use small soap and shampoo bottles with the right amount for one shower and write the numbers on soap, conditioner, body wash to help the teen know what order to use them.
 - Use a tablespoon for measuring the soap and conditioner. Keep all items together in a shower basket just for them.
 - Find products that they like (some prefer scents and some prefer no scents). Allow them to take part in choosing what they want.
- Teach them to wash until no more bubbles are going down the drain.
- Use a timer to teach the teen how long each step should take.
- Use music to cue the teen that the shower is over.
- Put a mirror in the shower to help the teen see themselves for better cleaning.
- Use a schedule - sometimes showering at the same time each day is simpler to learn than showering on a set day.
- Use dry shampoo between hair washes.