

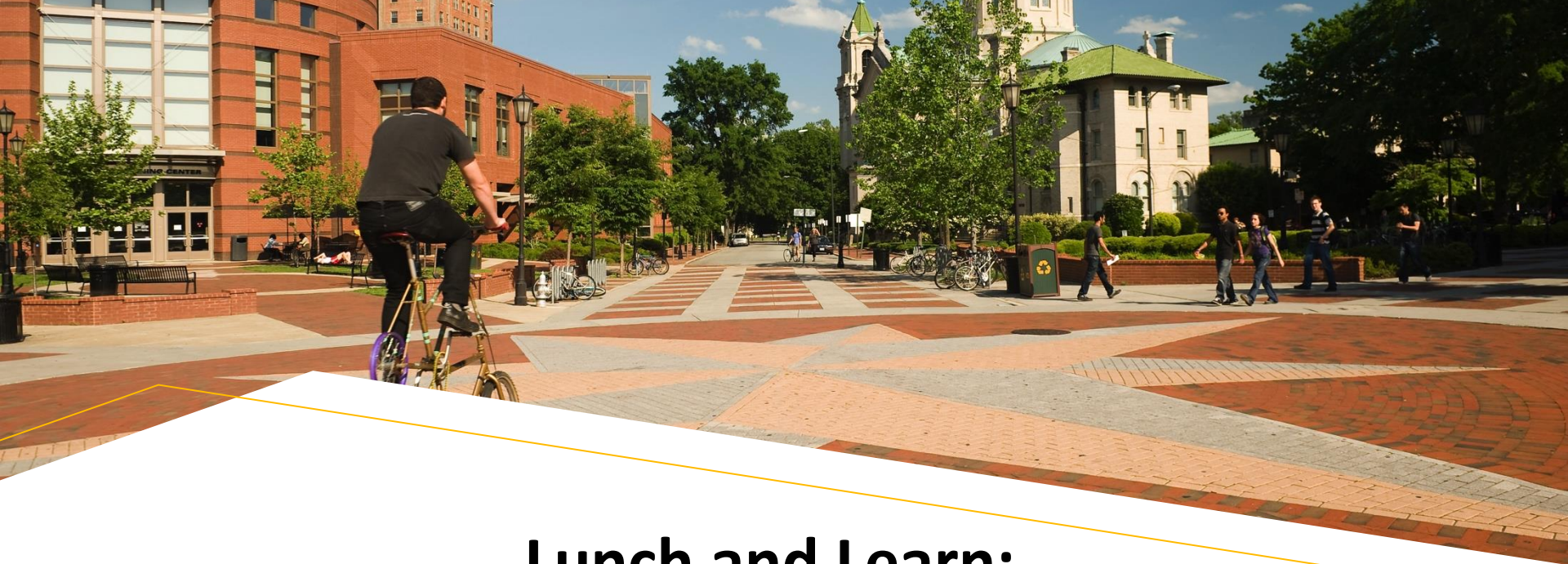


Lunch and Learn with VCU-ACE

www.vcuautismcenter.org

Housekeeping

- For educational and quality control, we will be recording this zoom session.
- By participating, you are consenting to being recorded.
- Before this session is shared, we will edit to remove identifying information to protect your privacy.
- The Q&A section will be removed and only be shared as an anonymous transcript



Lunch and Learn:

Teaching Personal Hygiene at Home



VCU

Lauren Vetere, M.Ed., BCBA, and Carol Schall, Ph.D.

Teaching Personal Hygiene at Home

- Practicing good personal hygiene can help people stay healthy and safe.
- It is important to build a daily routine for basic hygiene

Hygiene Skills to Focus On

Traditional Hygiene Skills

- Handwashing
- Toileting
- Bathing
- Teeth Brushing
- Dressing
- Grooming

New Hygiene Skills Since COVID 19

- Wearing a mask
- Not touching eyes and face
- Elbow Mouth Cover, coughing/sneezing (Dracula Cover)
- Hands to self (no handshaking, touching others)
- 6 Feet Away: New Hygiene Guideline

Building a Habit vs. Breaking a Habit

- Perfect opportunity to build habits and break habits in the home.
- Some examples habits that need to be broken include:
 - Nose picking
 - Licking/mouthing
 - Grabbing or excessively touching

How to Build a Habits

- Build into a routines
- Practice, Practice, Practice!
- Have reinforcement available
- Provide choices
- Add logical breaks
- Be proactive- have a plan
- Make adjustments when needed
- Model appropriate behavior
- Don't assume- teach specifics

Habit Training: Handwashing

- Use visuals
 - Picture cards, visual schedule, checklist
- Create Social Stories/ Social Narratives
 - Explain the process and can be individualized
- Incorporate modeling
 - Video modeling- parents, siblings, themselves

Visual Supports

Pull Pants Down



Pull Panties Down



Sit on toilet



Use toilet paper



Pull Panties Up



Pull Pants Up



Flush toilet



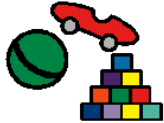
wash hands



dry hands

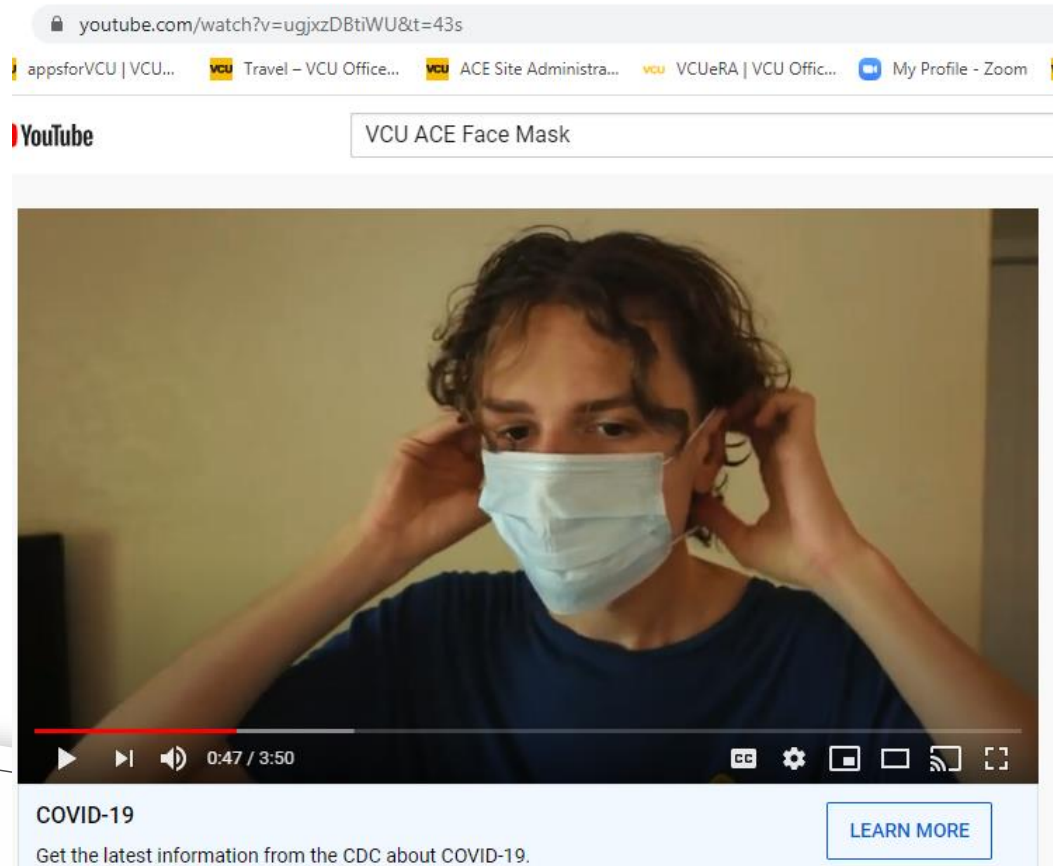


Go play



Video Modeling Face Mask Wearing

<https://www.youtube.com/watch?v=ugjxzDBtiWU>



The image is a screenshot of a YouTube video player. At the top, the browser's address bar shows the URL `youtube.com/watch?v=ugjxzDBtiWU&t=43s`. Below the address bar, there are several browser tabs, including "appsforVCU | VCU...", "VCU Travel - VCU Office...", "VCU ACE Site Administra...", "VCU VCUeRA | VCU Offic...", and "My Profile - Zoom". The YouTube logo is visible on the left side of the player interface. The search bar contains the text "VCU ACE Face Mask". The video frame shows a person with dark, curly hair wearing a white surgical face mask, with their hands adjusting the ear loops. The video player controls at the bottom show a play button, a progress bar at 0:47 / 3:50, and icons for closed captions, settings, and full screen. Below the video frame, the text "COVID-19" is displayed, followed by the subtitle "Get the latest information from the CDC about COVID-19." and a "LEARN MORE" button.

How to Break Habits:

- Find a replacement
 - Excessive behaviors
- Keep hands, mouth, body busy
- Have a game plan (proactivity)
- Reward the positive behavior
- Use a visual, schedule, or model
- It takes TIME to break a habit!

Breaking the Habit: Licking Carts

- Find a replacement
 - Give individual a lollipop or something that can replace the licking (even give a choice!)
- Reward and Praise
 - Reinforce when child is using the right behavior
- Pair with a visual
 - Show the child what is available and not available

Resources

- VCU ACE COVID-19 Resources
 - <http://vcuautismcenter.org/te/covid19.cfm>
- Resources for Parents
 - <https://vcuautismcenter.org/resources/families.cfm>
- Free Visuals
 - www.do2learn.com

LiveChat



VIRGINIA DEPARTMENT OF
EDUCATION



Upcoming Topics

Date	Topic	Presenter
May 7, 2020 Noon to 1:00pm	Helping Your Child make Successful Transitions at Home	Teresa Cogar and Vicki Brooke

To register go to: <https://vcuautismcenter.org/te/lunchandlearn.cfm>

For questions or more information

Please visit:

www.vcuautismcenter.org

Or

e-mail: autismcenter@vcu.edu