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

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 Pants Up
- Pull Panties Up
- Flush toilet
- Wash hands
- Dry hands

Don’t forget to wash your hands.

<table>
<thead>
<tr>
<th>Wet Hands</th>
<th>Take Soap</th>
<th>Lather</th>
<th>Rinse Hands</th>
<th>Dry Hands</th>
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<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
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Go play...
Video Modeling Face Mask Wearing

https://www.youtube.com/watch?v=ugjxzDBtiWU
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
## Upcoming Topics

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Presenter</th>
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<tbody>
<tr>
<td>May 7, 2020 Noon to 1:00pm</td>
<td>Helping Your Child make Successful Transitions at Home</td>
<td>Teresa Cogar and Vicki Brooke</td>
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To register go to: [https://vcuautismcenter.org/te/lunchandlearn.cfm](https://vcuautismcenter.org/te/lunchandlearn.cfm)
For questions or more information

Please visit:

www.vcuautismcenter.org

Or

e-mail: autismcenter@vcu.edu