

Self-Help Resources

Hygiene

Helping our children improve their own self care abilities can be a challenge at times for many different reasons or situations. Here are some tips to check out to help.

Toilet training

https://www.missjaimeot.com/toileting-sensory/#sensory_processing_6

http://www.oneplaceforspecialneeds.com/main/library_toilet_training.html

<https://adayinourshoes.com/wp-content/uploads/2017/10/toileting-horizontal.9073920.pdf>

Blowing nose

<https://www.theottoolbox.com/2016/09/tips-help-kids-learn-how-to-blow-their-nose.html>

<https://www.marybarbera.com/teaching-nose-blowing-to-a-child-or-adult-with-autism/>

Routines: <https://www.aota.org/~media/Corporate/Files/AboutOT/consumers/Youth/BathTimeTipSheet.PDF>

Sample routine/visual: <https://adayinourshoes.com/wp-content/uploads/2017/10/morning-routine.pdf>

<https://adayinourshoes.com/wp-content/uploads/2017/10/Daily-Routine-Printables-2.pdf>

Self care: <https://www.sensorysmarts.com/AFselfcare.pdf>

Bathing: <https://www.missjaimeot.com/special-needs-independent-bathing/>

Toothbrushing: <https://blog.sensorytheraplaybox.com/2016/07/16/tackling-toothbrushing-tips-for-helping-children-with-autism-brush-their-teeth/>

Haircut recommendations: <http://mamaot.com/help-kids-hate-haircuts/>

<https://www.amazon.com/Calming-Clipper-Haircutting-Sensory-Sensitivity/dp/B00XMC5I8M>