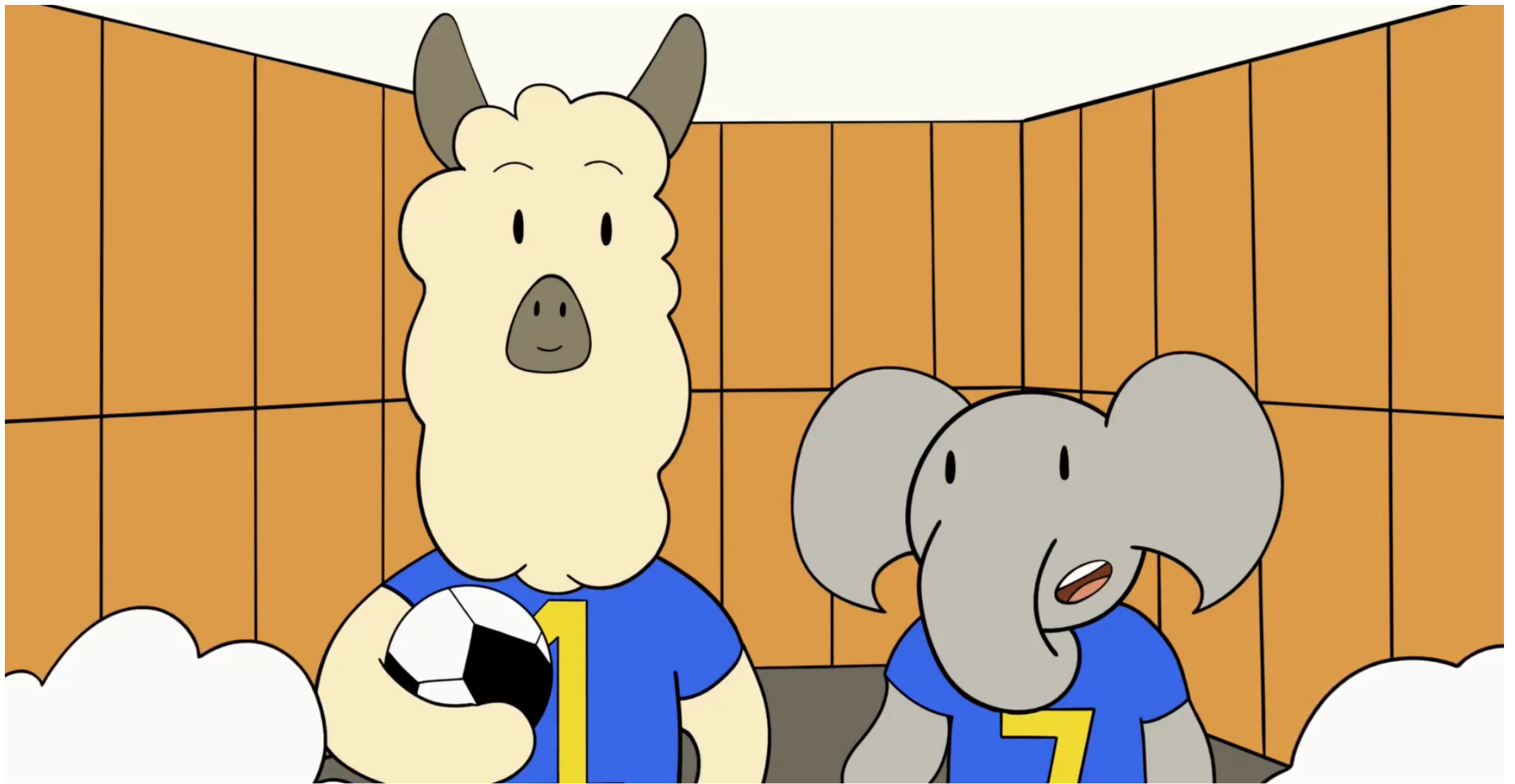
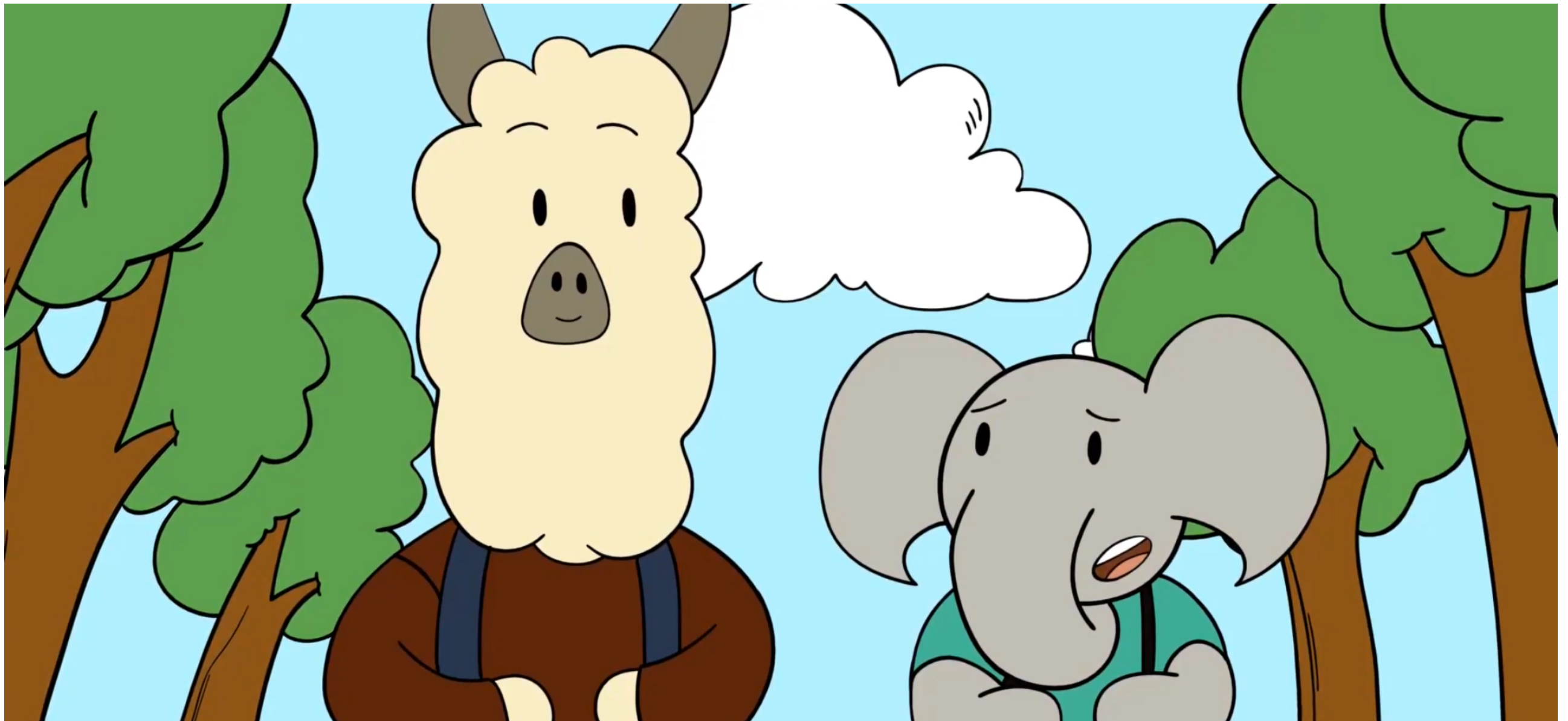




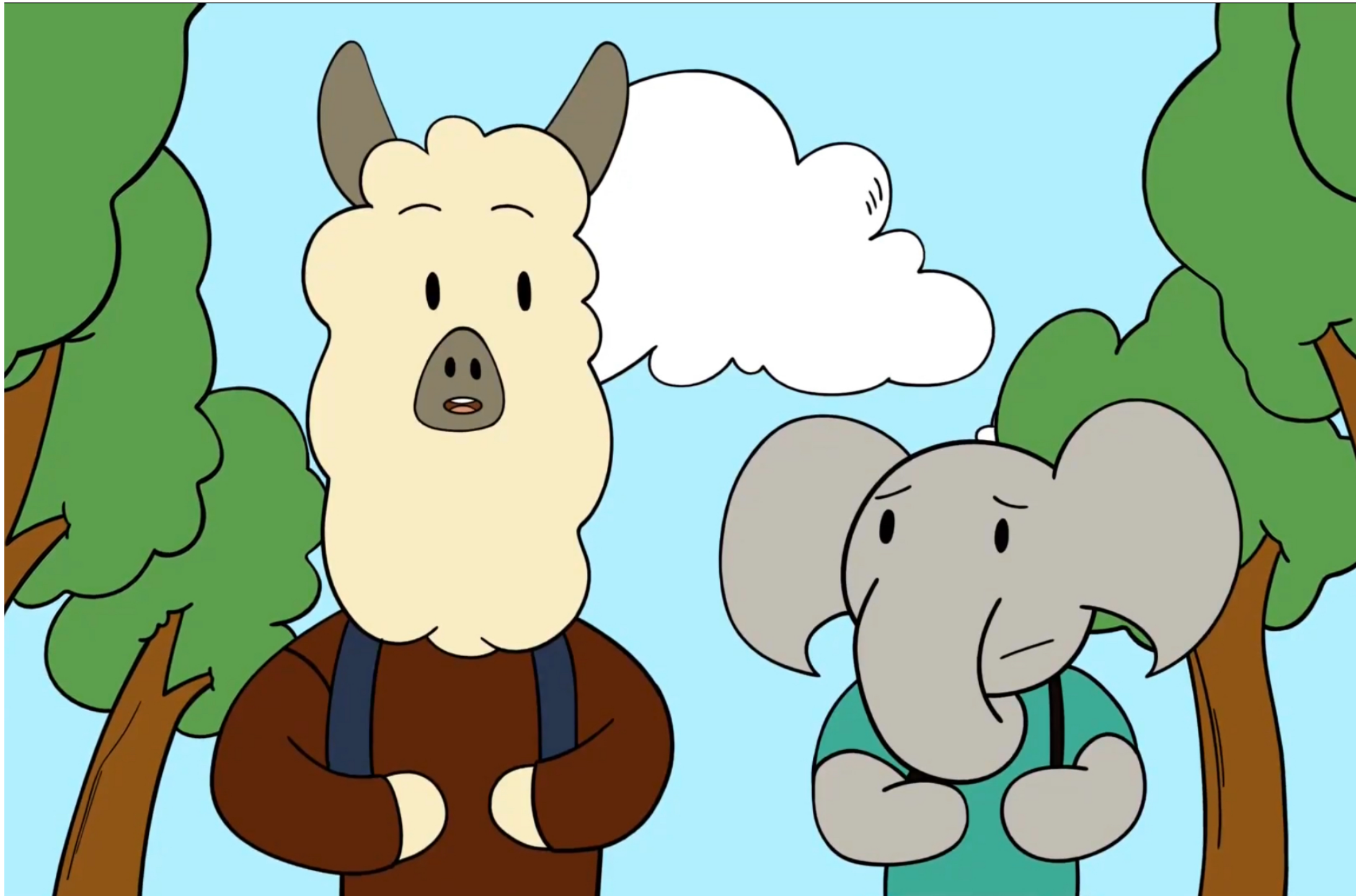


Having Great Personal Hygiene

From Autism Behavior Services, Inc.



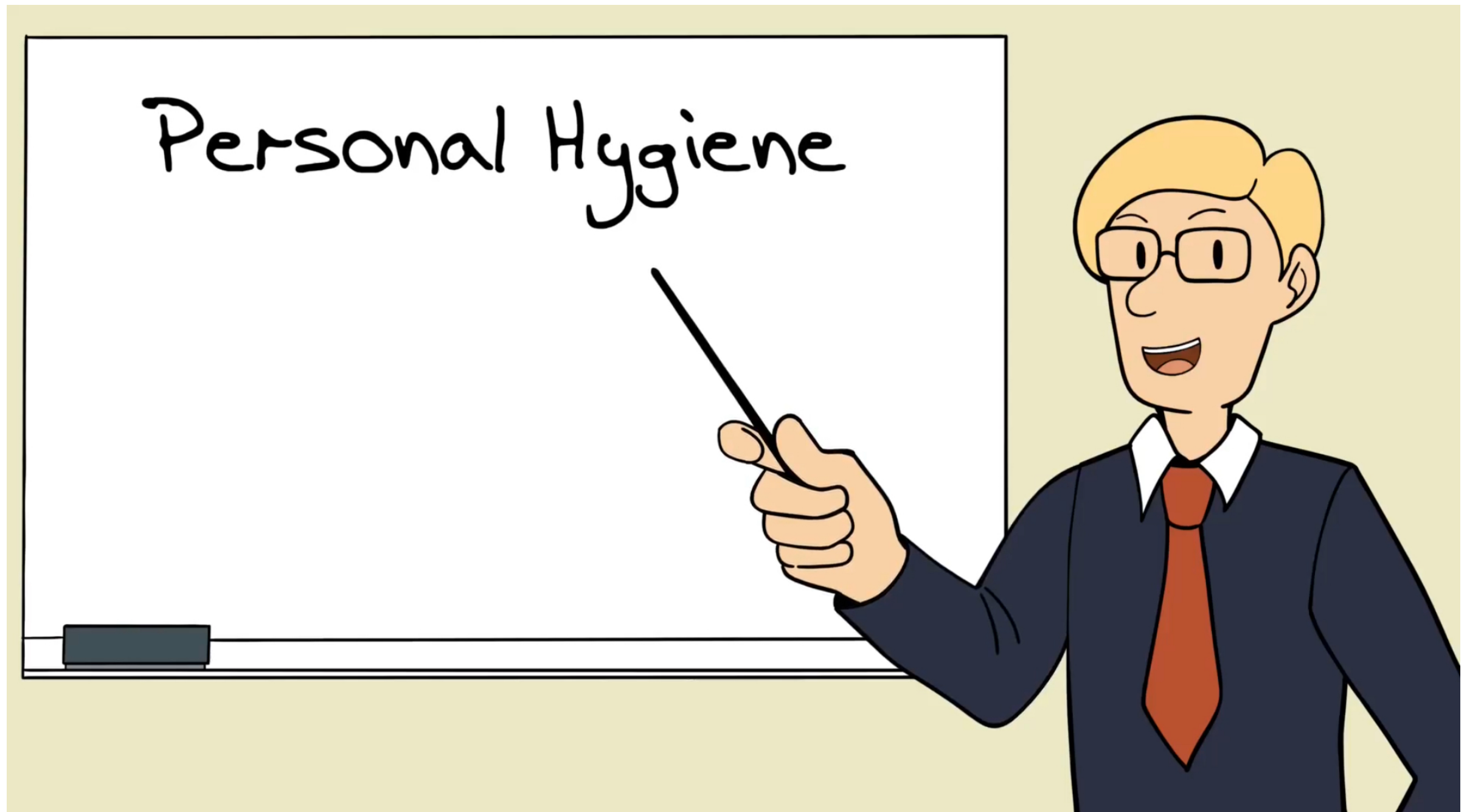
“Larry!” Rowan says, smelling something odd.
“You stink! Did you put on deodorant today?”



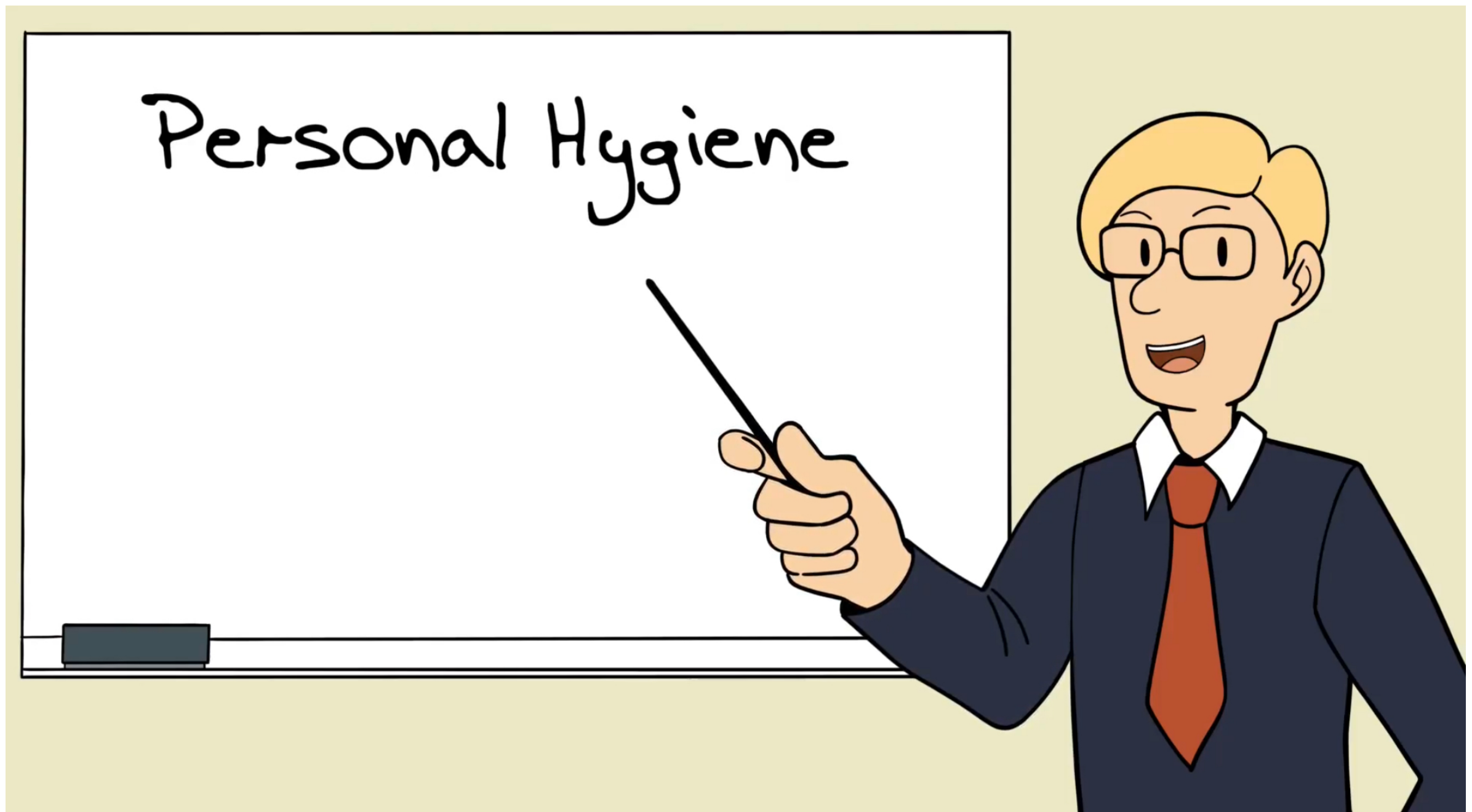
“No,” Larry says. “In fact I haven’t showered in 3 days.”



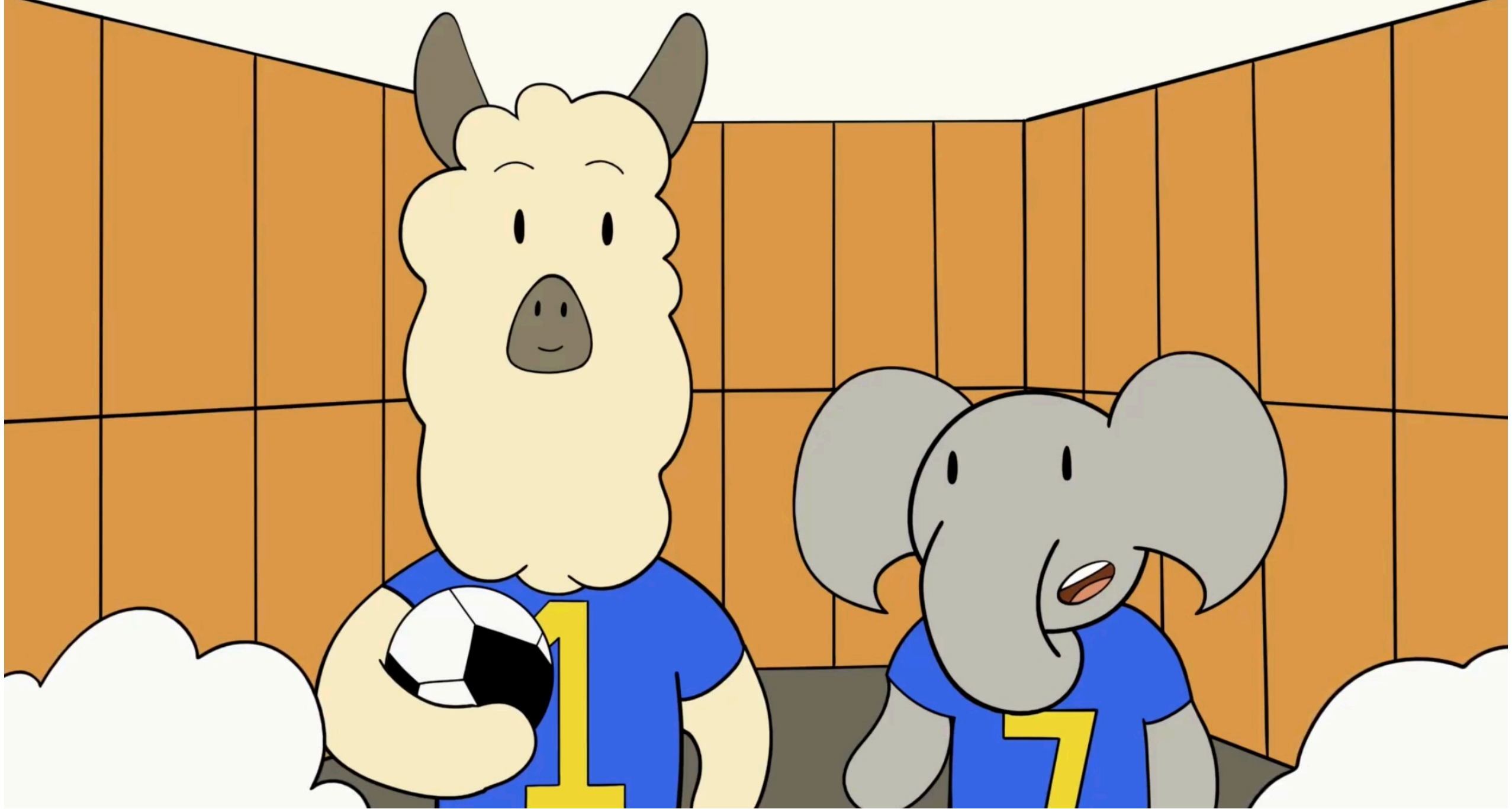
“Larry, you can’t do that! You need to have consistent personal hygiene. Let’s hear what Dr. Ryan has to say.”



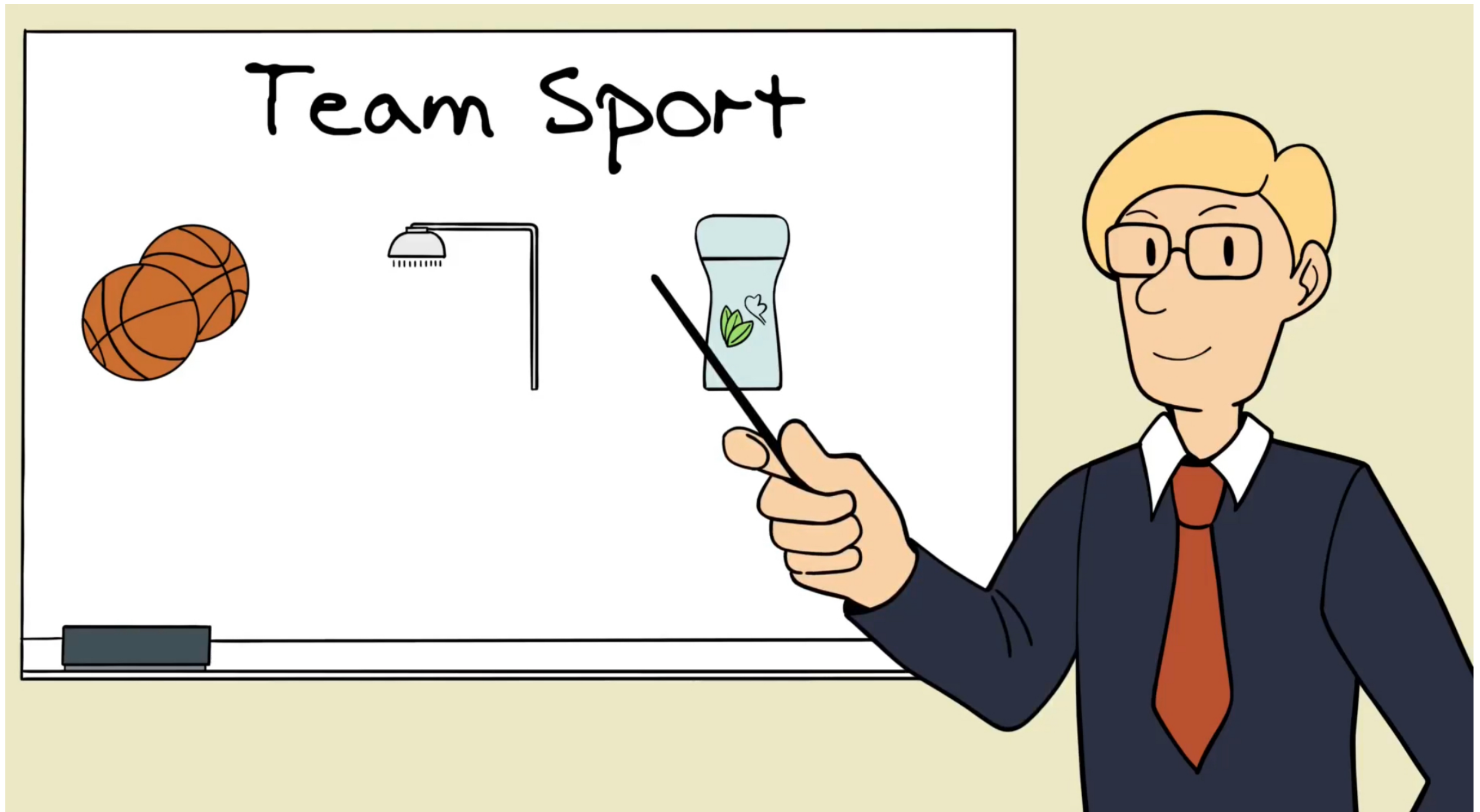
“Consistent personal hygiene is very important. Taking a shower or bath every day, and brushing your teeth is mandatory.”



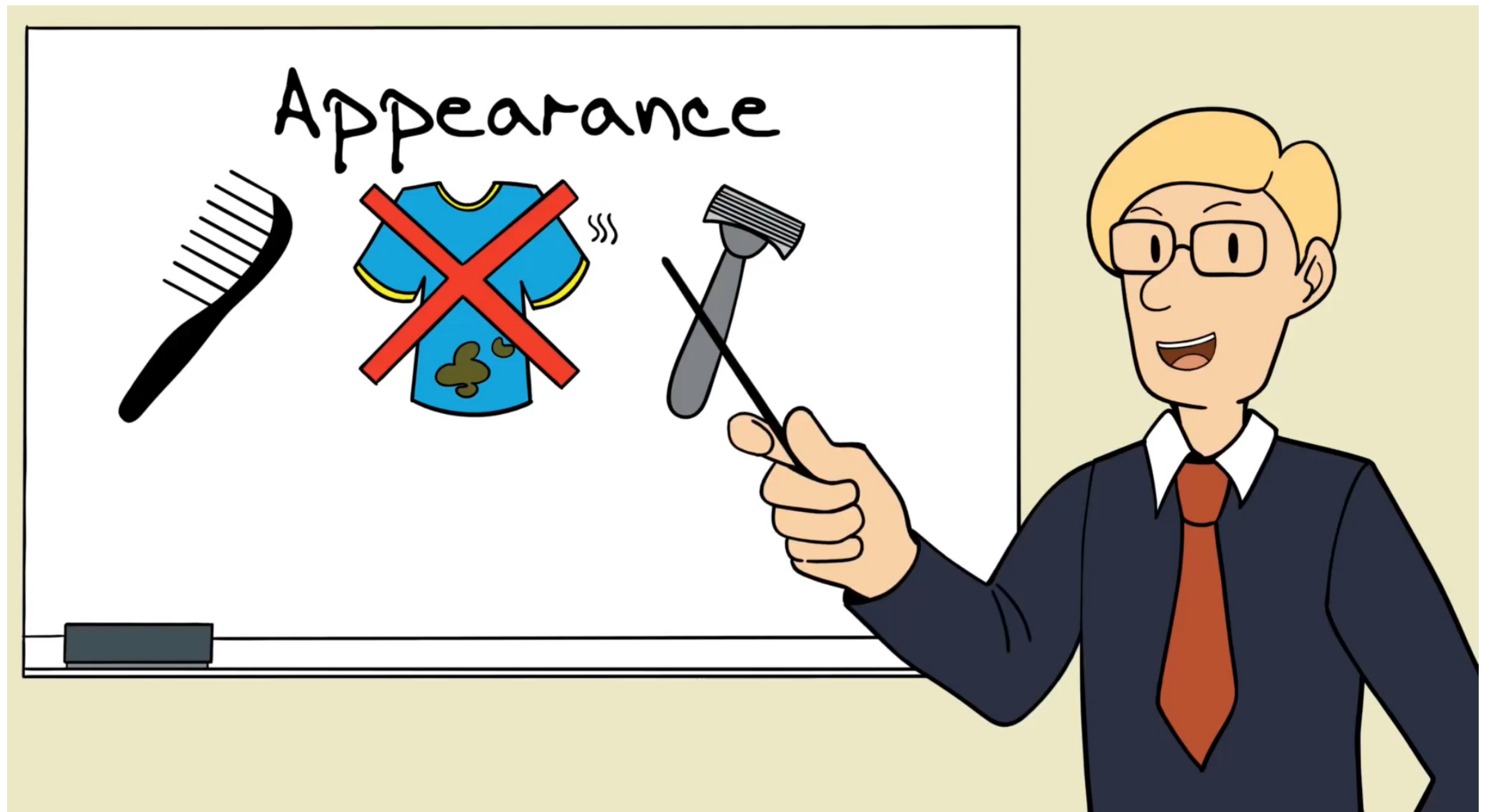
“There are ways to stay looking, feeling, and smelling clean all day. Let’s look at some more of them with Larry and Rowan!”



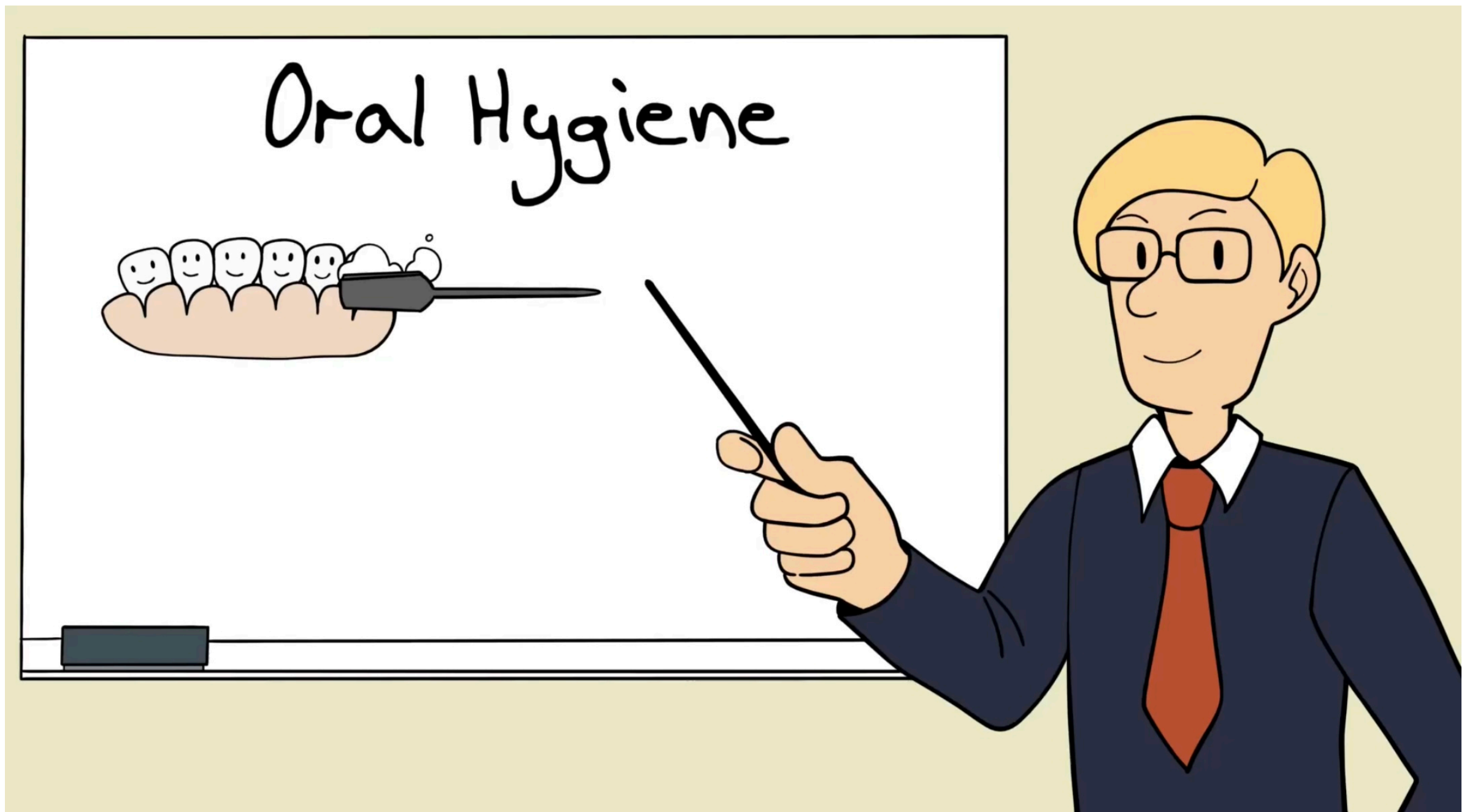
If you've just played a sport and are really sweaty, you should probably take a shower. If you can't do that, you should put on more deodorant.



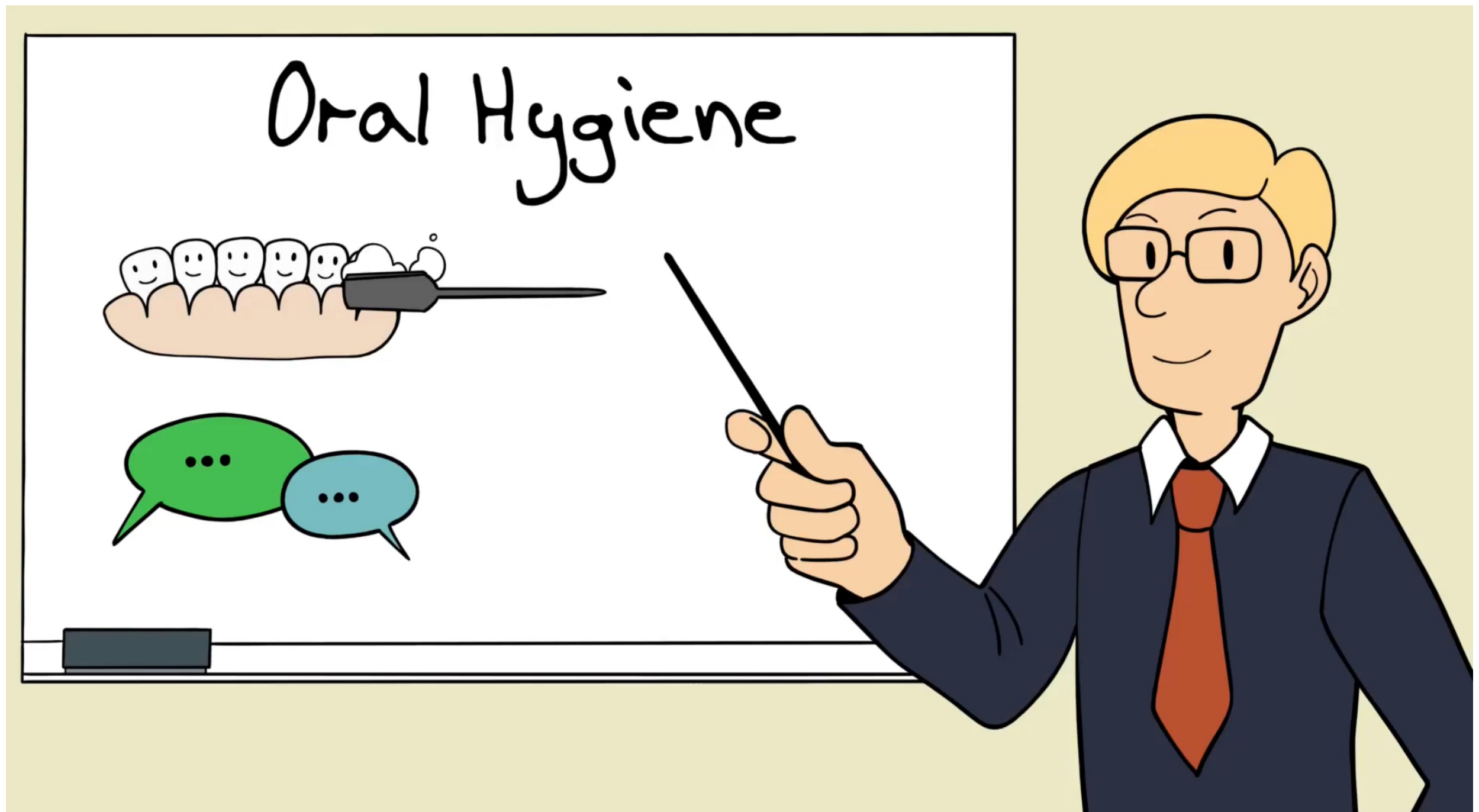
“Most people only take one shower a day. However, our bodies are working all the time. Thinking about this before you play or exercise will allow you to have great hygiene all day.”



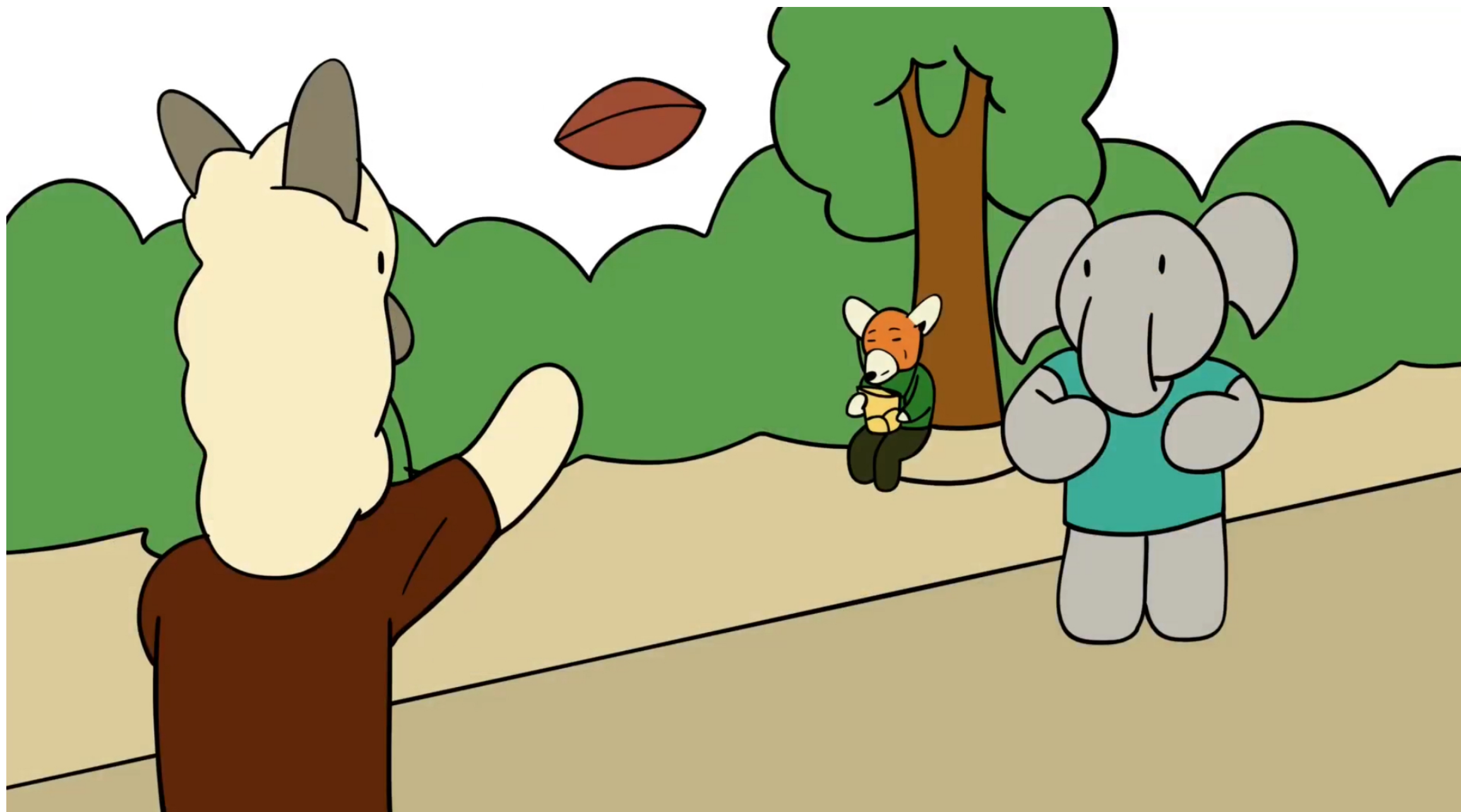
“Another thing to consider is your appearance. Comb your hair and try and keep it combed. Look at your clothes and if they are dirty DON’T WEAR THEM. Lastly, shave your facial hair if it is long enough, and that is something you are doing.”



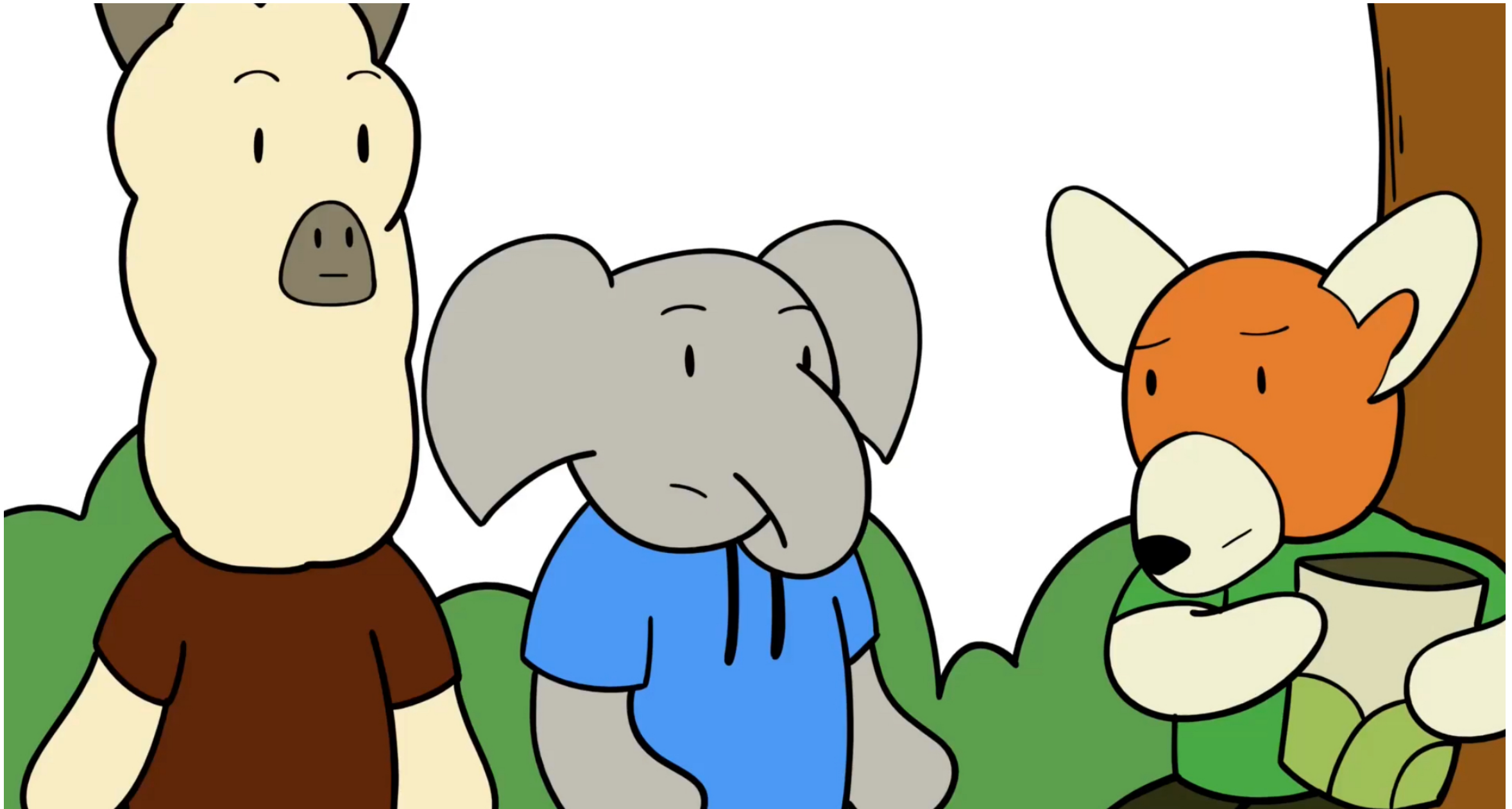
“Let’s not forget the importance of brushing our teeth EVERY DAY. This is a great way to take care of your health. Having nice teeth also help your appearance.”



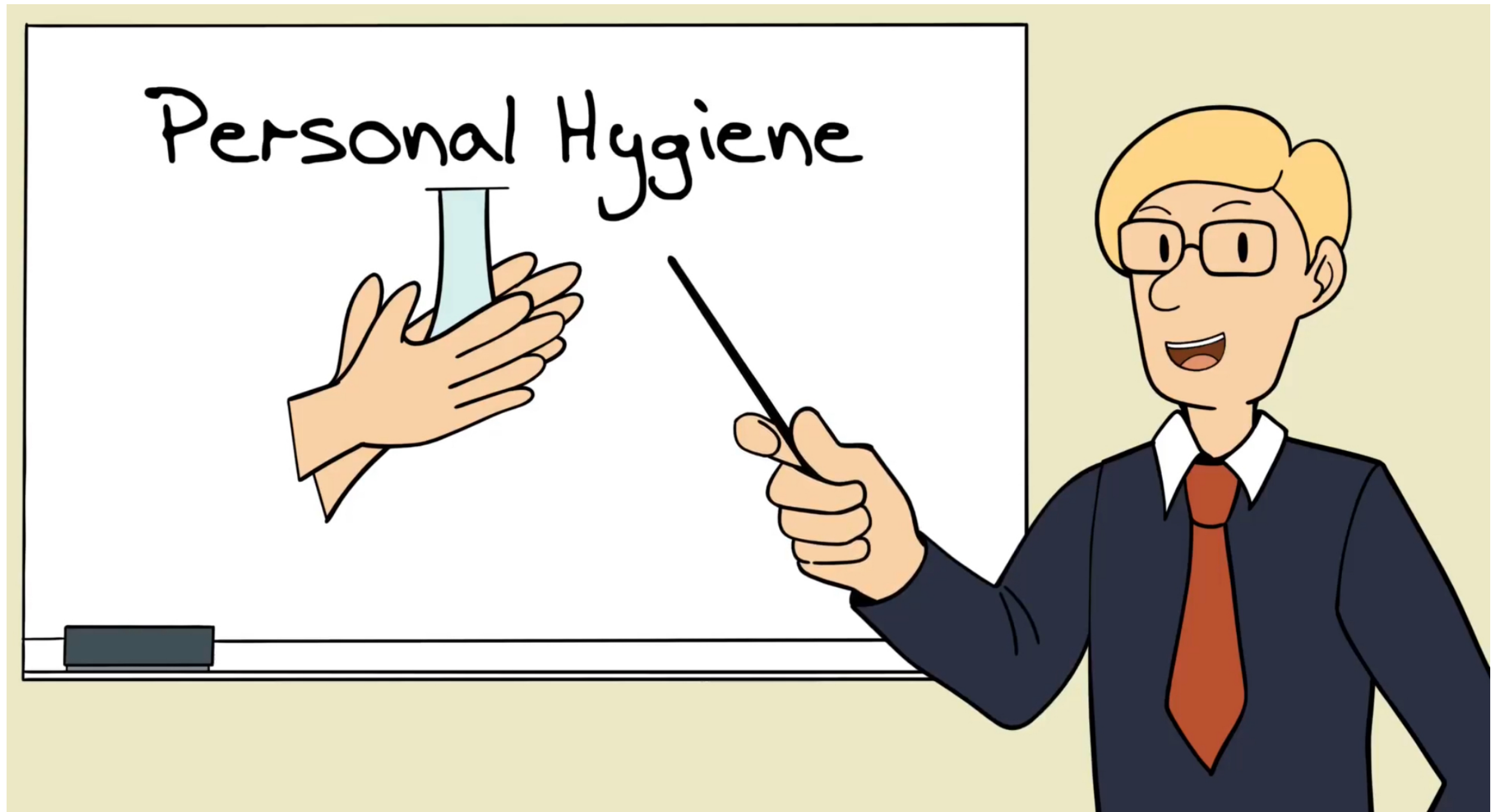
“Let’s not forget that when you talk people can see your teeth. A lot of times they can smell your breath. This will let them know if you are brushing your teeth or not. Brush and floss twice a day if you can!”



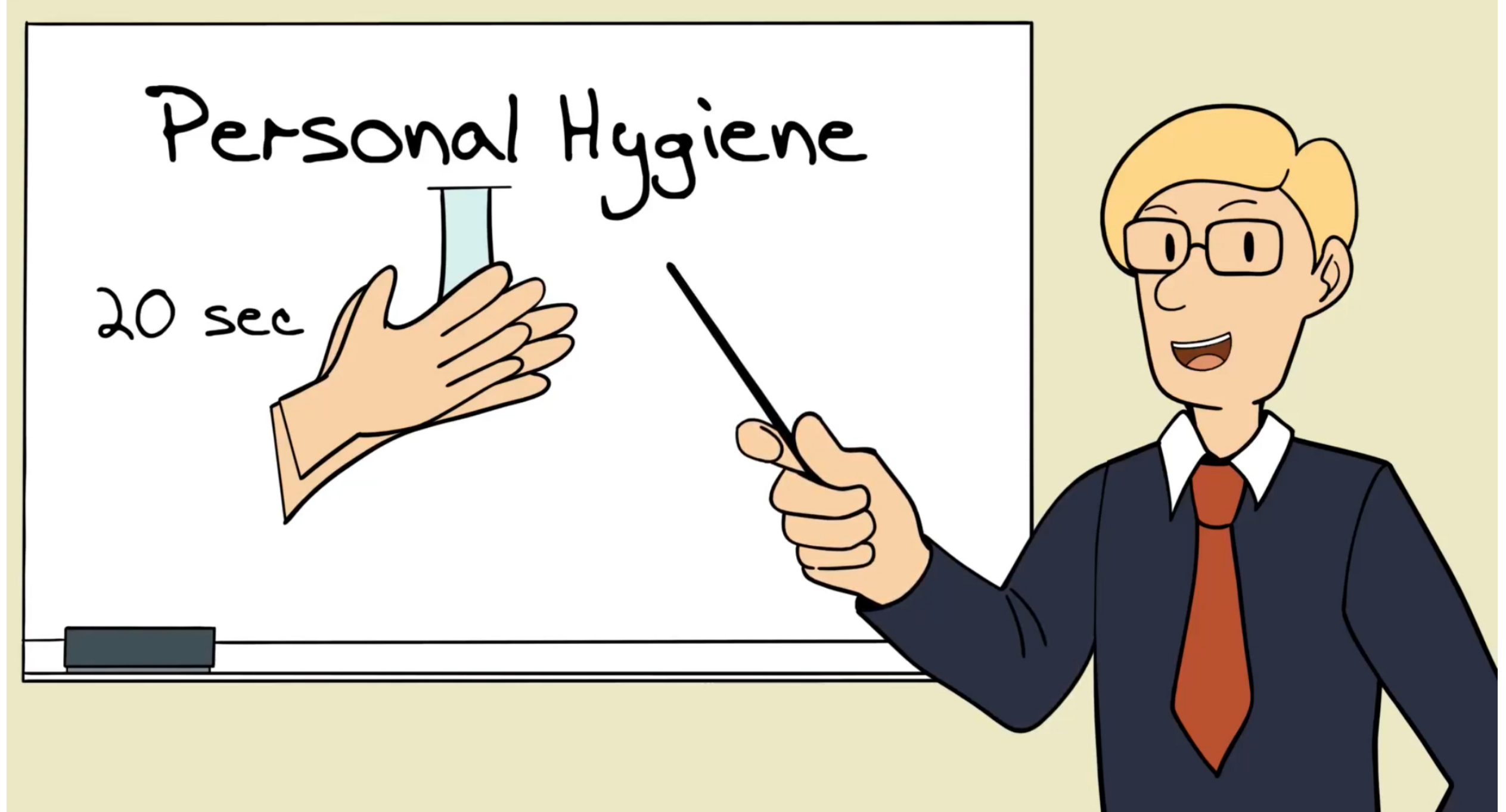
Next, Rowan and Larry are playing football as their friend Ava watches and eats chips.



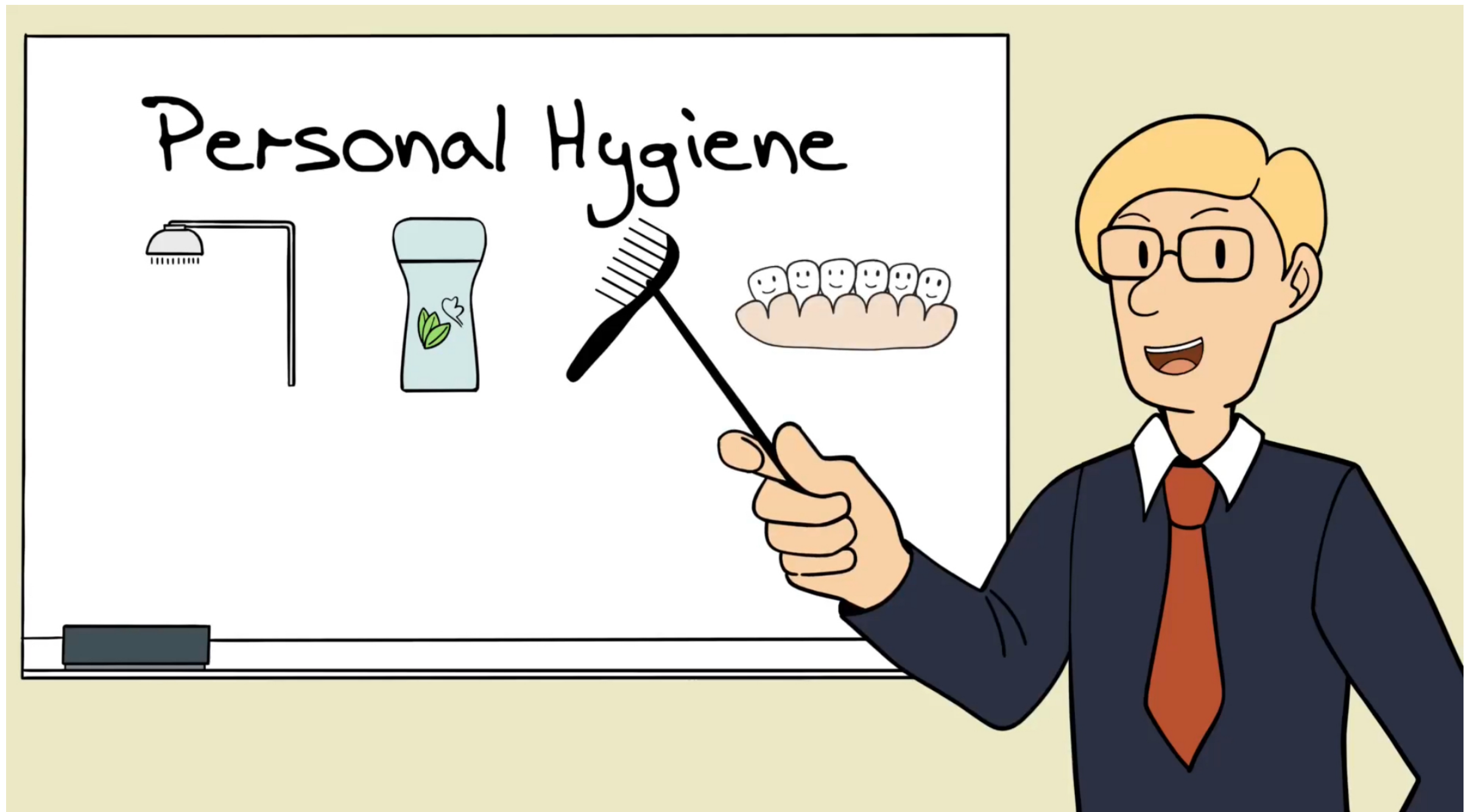
After playing, Rowan and Larry want some chips. Ava says “Yes,” but tells them they have to wash their hands before taking any.



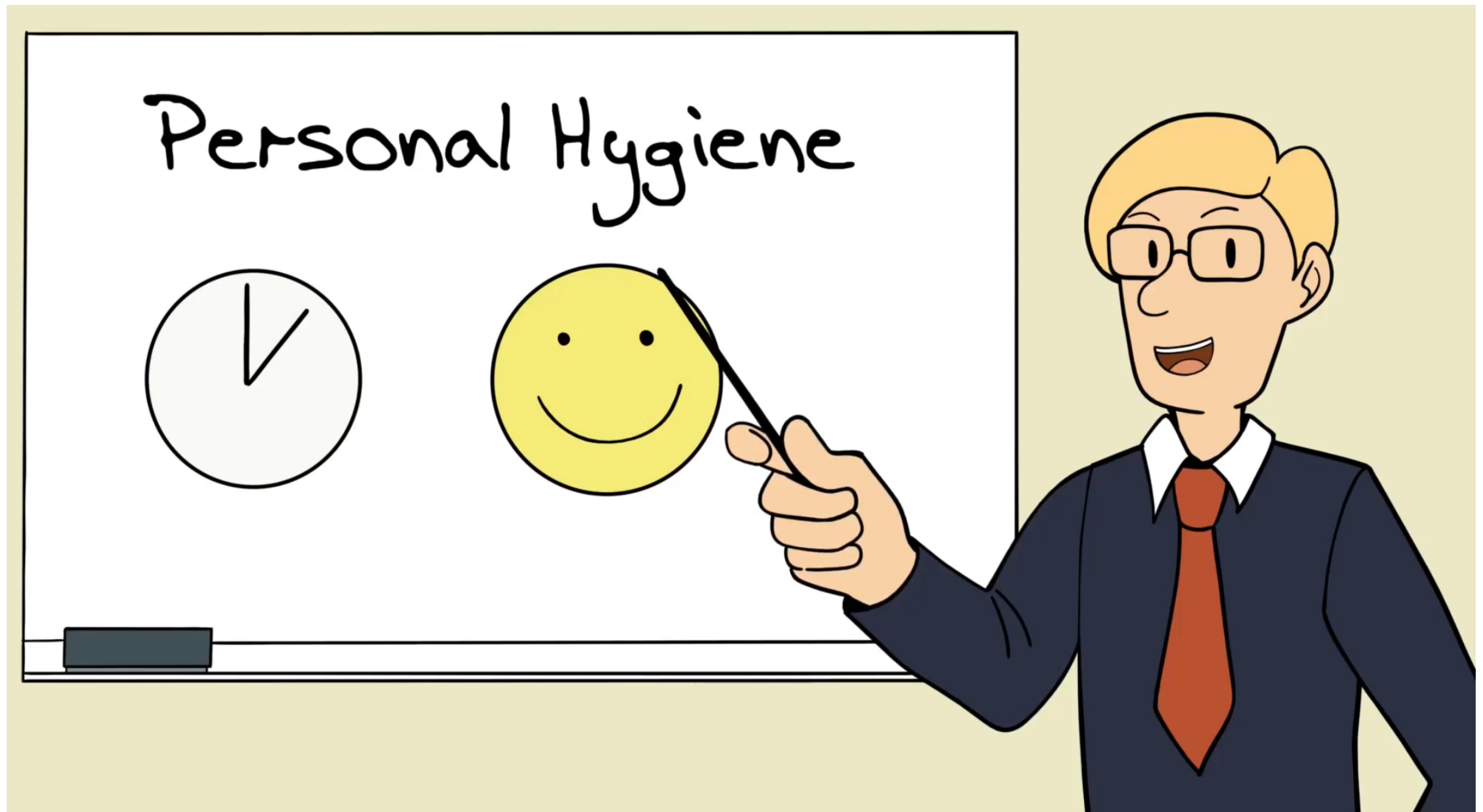
“One of the easiest ways to keep yourself safe from germs is to wash your hands. Washing them for 20 seconds at a time can really keep your hands clean.”



“Think about everything you touch every day. Then think about what you put in your mouth. Having clean hands will go a long way toward getting rid of germs, and helping you be healthy and happy.”



“The good news is that showering, putting on deodorant, combing your hair, and brushing your teeth don’t take a lot of time.”



“The more you do them the easier they become. People will take notice and you’ll feel good about your appearance and being clean.”

**For More Information On
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