

RSAC Tips: Handwashing

Handwashing has always been an important component to staying healthy, but it is even more critical now. Teaching your child to thoroughly wash their hands can help prevent all sicknesses, including COVID-19.

Use Visual Cues

Lots of posters and other options displaying the steps of correct handwashing are available online (for example, check out <https://www.cdc.gov/handwashing/posters.html>). Print out a poster or other visual support that seems to fit your child the best, and hang it up near your bathroom sink.

Building Independence

When teaching your child what to do on each step, you'll start small and build up to more involved forms of help only if you need to. You might give help by gesturing or pointing to the next step on your handwashing poster, showing them what to do (for example, turning on the water yourself, then letting them try it), telling them what to do next, or physically helping them do it.

Be Flexible

Practice washing hands with different kinds of soap, using different towels, and at different sinks at your house. This will help your child be more flexible with their handwashing skills. Having lots of different examples to practice with makes it more likely that your child will know what to do at each of the different kinds of hand washing set-ups that they will encounter over the next several months.

Change the Scenery

Change up the visual supports. If you are using a poster to help remind your child about handwashing, then consider changing the poster (or its location) periodically, so that they are more likely

Tired of the Happy Birthday Song?

You can use your child's favorite song lyrics to make a custom handwashing poster!

Check out washyourlyrics.com. You can select a song or enter your own lyrics, choose a few customization features, and download your own poster to print out.

Hint: You'll need 13 lines to text, so if your child's favorite song is short, put in the lyrics twice!

Want More Details?

Visit rollins.college/autismsupport to sign up for our email list, download other tips sheets, or request more caregiver support.

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