



# Visual Support Guide: Hand-washing Routine

## What?

These visual supports describe the sequence of steps when washing hands. Clearly showing each step in a multi-step routine can help a child who has difficulty staying on task or who can complete some, but not all, of the steps.

## Why?

- Using visuals to show each step in the hand-washing routine can help a child learn the sequence of steps. Having the visuals available by the sink where children wash their hands can help children perform the entire routine more independently.
- Use the visuals to teach a child hand-washing step by step. As the child makes progress in learning the steps, gradually decrease your support until the child can complete the entire task independently.
- Provide a reminder for children who can complete all the steps but might need an adult reminder about the order of the steps or to keep going until they are finished.

## How?

- Make a hand-washing routine visual.
  - Cut out the eight-picture chart. Translate each step into the languages spoken by the children in your program or create a separate modified chart in each language.
  - Laminate and post the chart near the sink.
- Use a hand-washing routine visual.
  - Show the pictures and explain the steps to children. See if they can follow the sequence on their own.
  - If a child needs help, teach the sequence. Show pictures of what to do next. Touch and describe each picture as the child completes the corresponding step.
    - Make sure the child looks at each picture and connects the picture to the action.
    - If a child needs more practice, give a copy of the hand-washing sequence to a family member to use with the child at home.

# Hand-washing Routine

**Turn On Water**



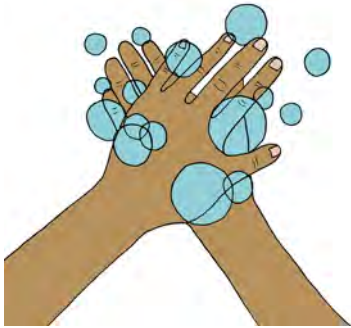
**Wet Hands**



**Get Soap**



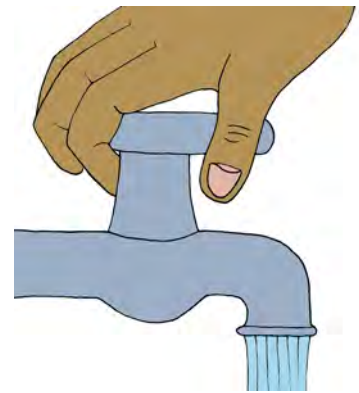
**Wash Hands**



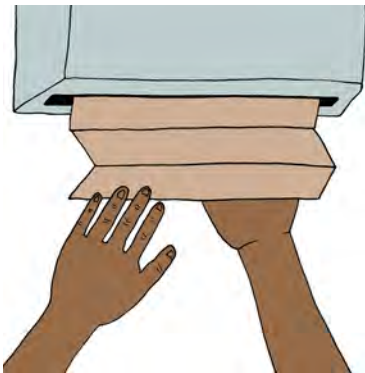
**Rinse Hands**



**Turn Off Water**



**Get Towel**



**Put in Trash**

