

Keeping your body clean and healthy



When your child starts puberty, they will need to do new things to keep their body clean and healthy.

This includes things like:

- using deodorant
- taking care of pimples
- showering more often

These things are part of personal care.

Personal care tasks are the things everybody does to help keep their body clean, healthy and looking good.



What is on this page?

This page is about how you can teach your child to keep their body clean and healthy.

It has information about how to:

- help your child to do more of their personal care
- encourage your child to keep their body clean
- teach your child new skills to keep their body clean

Helping your child do more of their personal care

Puberty is a good time for your child to learn to do more of their personal care by themselves.



This will help them to:

- get to know their body
- feel in control of their body
- need less help from support people and carers.

Some children will be able to do all their personal care.

Some children will need help.

This is OK.

Help your child to do as much as they can by themselves.

You can help them by:

- letting them choose which deodorant, body wash, wash cloth, and face wash they want to use





- teaching them how to clean their private body parts
- closing the bathroom door, toilet door, or shower curtain to give your child privacy

How to encourage your child to keep their body clean



Not all children like doing things to keep their body clean and healthy.

Some children do not like doing things like:

- showering
- wearing deodorant
- brushing their teeth
- brushing their hair

It can help to make these things more fun.



You can try things like:

- giving your child a small reward each time they do a personal care task they do not like
- giving your child lots of praise every time they do a personal care task they do not like
- using special ‘shower crayons’ or shower toys to make showering more fun
- explaining to your child that not showering or wearing deodorant can make you smelly.



People might not want to spend time with you if you are smelly

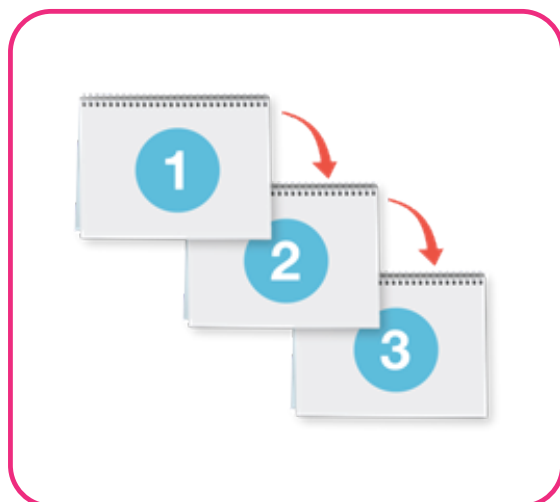
How to teach your child to keep their body clean

Here are some different things you can try when teaching your child to keep their body clean:



- Use pictures to show your child how to put on deodorant.
- Show your child how you put on deodorant on your own body.

You can practice doing this with your child



- Write numbers on the things your child uses to wash themselves.

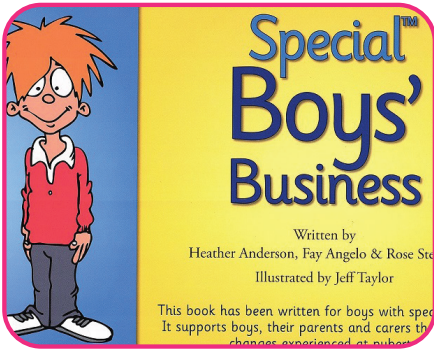
For example write a number 1 on the body wash bottle and a number 2 on the wash cloth.

This can help your child to remember what they need to do to keep themselves clean

Resources for you to use

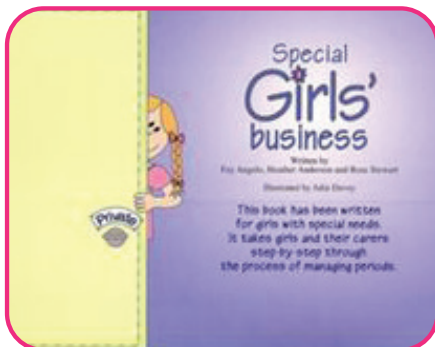
Special Boys Business

Heather Anderson, Fay Angelo and
Rose Stewart



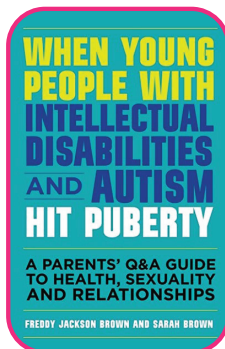
Special Girls Business

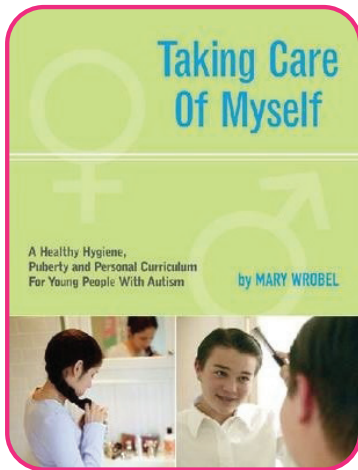
Fay Angelo, Heather Pritchard and
Rose Stewart



When young people with intellectual disabilities and autism hit puberty

Freddy Jackson Brown and Sarah
Brown



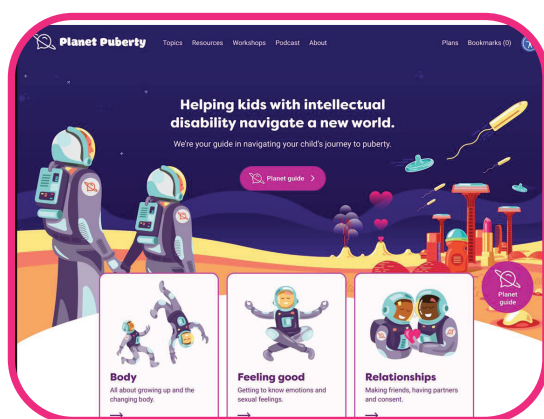


Taking care of myself

Mary Wrobel



Billy Grows Up (DVD)



How to use deodorant pictures

Planet Puberty

<https://www.planetpuberty.org.au/wp-content/uploads/2021/03/How-to-use-deodorant-F.pdf>



What to read next?

- [Cleaning your penis](#)
- [Cleaning your vulva](#)
- [Body changes](#)

**For more information go to the
Planet Puberty website**

www.planetpuberty.org.au