

# **Teaching Grooming Skills**



# ***Teaching Grooming Skills***

**Towards independence series - 8**

**(Funded by UNICEF)**

**National Institute for the Mentally Handicapped**

(Ministry of Welfare, Govt. of India)

Manovikas Nagar, Secunderabad 500 009. A.P. India

Copyright © National Institute for the Mentally Handicapped, 1990  
All rights reserved.  
Reprint 1996  
Reprint 2001

**Other titles in the series :**

Enhancing Gross Motor Skills  
Fine Motor Skills  
Feeding on their own  
Toilet Training  
Teaching Brushing Skills  
Train Your Child to Bathe  
We can Dress Ourselves  
Teaching Basic Social Skills

**Artist : K. Nageswar Rao**

Printed at : **Sree Ramana Process**, Secunderabad. Hello : 7811750

***Grooming refers to the different things we do to look clean and 'nice' - applying powder on the face, combing hair and so on....***

**'IS THERE ANYONE WHO IS NOT CONSCIOUS OF APPEARANCE?'**

The answer is seemingly 'no' because everyone of us like to look neat and beautiful.



**Mentally retarded children are no exception.**

*With patient efforts on our part, it is possible to train mentally retarded children in 'grooming'.*

## ***Training in grooming.....***



- \* gives the child a sense of satisfaction and pride.
- \* enables him to appear the way he wants.
- \* leads him towards more independence.
- \* enhances social acceptability.
- \* reduces the workload of the caretaker.

*Let us see how best we can help a mentally retarded child in 'grooming'.*

## WASHING FACE

*Make it a routine to have the child wash his/her face in the morning and evening, everyday.*

- \* Train the child to check if soap, towel, bucket of water and mug, are within reach.

- \* Wash your face as the child watches you.



- \* Ask her to take handful of water and splash it on the face.



- \* Let her take soap, rub it between palms and back of hands to form lather and apply it on the face.





*Make it a point to train the child to keep a mug full of water within reach, before she closes her eyes to apply lather on the face.*

- \* Ask her to take handful of water and splash on the face till the lather is completely washed off.



- \* Guide her to dry her face.

**PRAISE HER BY SAYING HOW CLEAN AND FRESH SHE LOOKS.**

***Impart training in a step-by-step manner. Don't try to teach all the steps at a single stretch.***

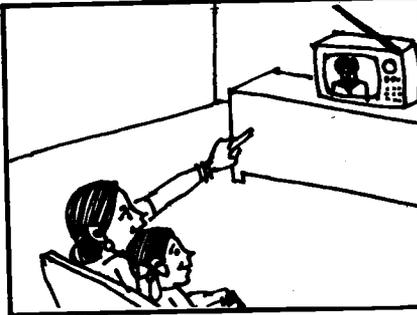
## APPLYING TALC

- \* Show the child how to apply powder using puff.



- \* Ask her to do it by looking in a mirror.

- \* Appreciate the child's attempts by saying how nice she smells.



*Draw the child's attention to advertisements relating to Talcum powders on T.V., Radio and magazines so that the child develops an interest in the activity.*



*Wearing of 'Bindi' can be made easier by using a sticker, in the case of girls who customarily wear it. Tell the child how nice she looks after applying powder and wearing 'Bindi'.*

## COMBING HAIR

\* Train the child to comb his hair, both in the morning and evening.

\* Let him watch when you comb your hair.



\* Hold the child's hand and guide him to comb a small portion of the hair. Let him look into the mirror, as he combs.

\* Gradually increase the portion he is to comb.



- \* Withdraw help gradually.

PRAISE HIM BY SAYING  
HOW NEAT HE LOOKS.



### **HINTS TO HELP 'COMBING' .....**

- \* **Help the child to unsnarl tangles, before he begins to comb hair.**
- \* **Give the child his own comb.**
- \* **Use a big comb, so that it is easy to hold.**

## BRAIDING HAIR

### UNPLAITING :

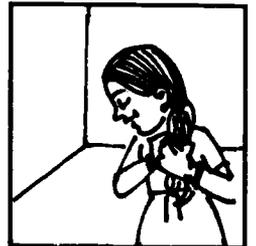
*UNPLAITING IS LEARNT EARLIER THAN PLAITING.*

- \* Allow the child to practice unplaiting her sister's/doll's hair.
- \* Let the child stand behind her sister. Hold the child's hand and show her how to unplait.



- \* Let her practice a number of times.

- \* Withdraw help slowly.



## PLAITING :

- \* Take three long strips of cloth or ribbon. Tie them together with a knot at one end. Fix it to the frame of a window.
- \* Show her how plaiting is done.
- \* Stand behind her, place your hand over hers and guide her in doing it.
- \* Do a small portion at a time.



- \* Once she learns plaiting, teach her to clasp a hair clip firmly.

- \* Next, teach her to plait her own hair.



- \* You plait for some length and then let her plait.

- \* Let her plait by herself.



***Appreciate her attempts by allowing her to wear her favourite hair clip, putting flowers on her hair and so on.***



***If the child has difficulty in learning how to plait even after training, it is better to keep her hair short and teach her how to clip a pony tail.***

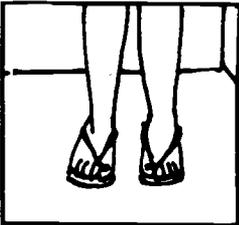
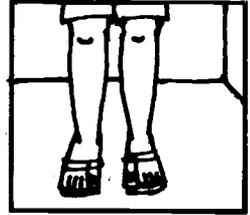
## WEARING SLIPPERS

- \* Show the child that each slipper goes into a particular foot.



- \* Mix the slippers in such a way that the child has to make a decision, as to which slipper goes on which foot.

- \* Provide slippers with toe rings. Tell the child that the big toe should be in the ring. By this way, even without teaching right and left, correct way of wearing slippers can be taught.



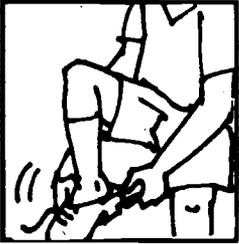
- \* If it is Hawaii slippers, show that when worn, the little toe should not touch the ground. If it touches, it is worn wrong.

## WEARING SHOES

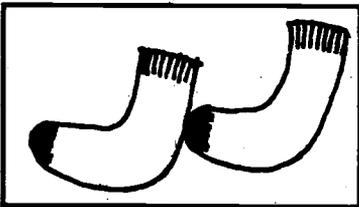
- \* Teach the child to remove the socks, before he can wear them.



- \* Teach him to remove the shoes when laces are untied.



- \* Demonstrate putting on socks.



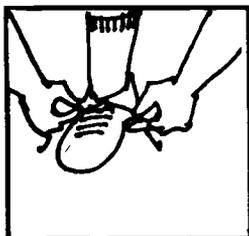
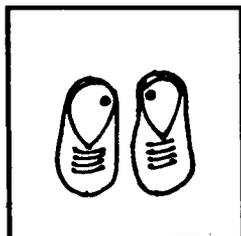
Buy the socks that have a small white strip across the toes, or design in front, or mark them if they are plain

This will help him to put on his socks correctly.



- \* Show him how to slide toes into the shoes and pull them over the heel.

- \* To identify right and left, make a mark at the right or left side of the heel on the inside and tell him the mark should always be between feet and not outside.



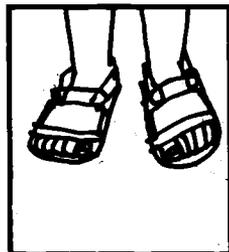
- \* Demonstrate how to make a knot. Make him hold two pieces of lace in both hands. Guide him to cross the laces, and make the first knot. When he is able to make the first knot, guide him to make the second knot.

Let the child practice 'knotting' on dresses - pyjamas in the case of boys, skirts in the case of girls.

***The problem of 'tying laces' can be overcome by the use of 'velcro' shoes or slip on shoes.***

### **Sandals :**

Instruct that the sandals are worn right only if the buckles/  come on the outside of the feet.



## **Contributors**

### **Jayanthi Narayan**

M.S. (Sp.Ed) Ph. D., D.S.Ed.

Project Coordinator

### **Jandhyala Shobha**

M.Sc. (Child Devt.)

Research Assistant

## **Project Advisory Committee**

### **Dr. V. Kumariah**

Associate Professor (Cl. Psy.)

NIMHANS, Bangalore

### **Ms. V. Vimala**

Vice Principal

Balavihar Training School, Madras

### **Prof. K.C. Panda**

Principal

Regional College of Education,

Bhubaneswar.

### **Dr. N.K. Janglra**

Professor (Special Education)

NCERT, New Delhi

### **Ms. Girija Devi**

Asst. Communication Devt. Officer

UNICEF, Hyderabad

### **Dr. D.K. Menon**

Director, NIMH

### **Dr. T. Madhavan,**

Asst.Prof. of Psychiatry, NIMH

### **Mr. T. A. Subba Rao**

Lect. in Speech Pathology

& Audiology, NIMH

### **Mrs. Reeta Peshawaria**

Lect. in Cl. Psychology, NIMH