

_____ 's Self-Care Independence Checklist

Brushing Your Teeth:

- ___ Put toothpaste on your toothbrush
- ___ Brush your top teeth
- ___ Brush your bottom teeth
- ___ Rinse your mouth
- ___ Rinse your toothbrush
- ___ Put your toothbrush away



Washing Your Face:

- ___ Wet a washcloth
- ___ Put soap on the washcloth
- ___ Wash your whole face
- ___ Rinse the washcloth
- ___ Wipe the soap off your face
- ___ Dry your face
- ___ Put the washcloth away

Taking A Shower:

- ___ Stand under the water
- ___ Use soap under your arms
- ___ Use soap on the top of your body
- ___ Use soap on the bottom of your body
- ___ Use soap on your feet
- ___ Put shampoo in your hair
- ___ Scrub the shampoo in your hair
- ___ Rinse out the shampoo and soap
- ___ Dry your body
- ___ Put deodorant under your arms

Great work taking care of yourself!