

Home Hygiene that Leads to Health for Teens / *Proverbs 22:6 TRAIN UP A CHILD*

Things must be taught & modeled in the home; this is the training ground for all other places & interactions with other people in their present & future. Home is not the area to be “lax” in.

Training Requires:

- ❖ **Daily** verbal instruction along with demonstration by you and oversight by you.
- ❖ **Discipline** (*routines printed on walls and time of action*) and accountability (*checklists*).

For videos, you may have to skip ads to see, hover over link and click on it. May have to press “ctrl” on your computer to open video and be directed to YouTube!

Pre-Teen & Teens:

- **Oral/Dental:** Morning & Night to brush/mouthwash & floss every night!
Regular check-ups with the dentist and cleanings! (*You only get one set of teeth!*)
[Click Here for Video \(4.26min.\)](#) Soft toothbrush or electric. Fluoride is optional!
- **Proper hand washing/drying** after using the restroom and before eating!
(Sanitation!) [Click Here for Video \(1.25 min.\)](#)
- **Haircuts/trims:** Regular appointments (90-120 days even if “growing out”) & require them to maintain their hair & **style** daily to look their best. Seek **professional help** for correct style, tools, products and instructions for their hair texture! Daily combing/brushing with proper tools. (Clean tools often.) [Click Here for Video for Girls \(6.39 min.\)](#) Boys see barber every 4-8 weeks for cut/style!
- **Hair Cleansing:** Every other day. (Boys can do daily) Shampoo/conditioner properly applied/rinsed and for their hair type. [Click Here for Video Boys video \(5.16 min.\)](#)
- **Showers Daily:** Proper soap/cloths. (*Twice daily if needed!*) [Click Here for Video \(2.39 min.\)](#)
- **Deodorant and body odor.** (Foot odor & prevention also!) [Click Here for Video \(2.29 min.\)](#)
- **Nail/Toenail Hygiene:** Cleaning/trimming with proper tools. [Click Here for Video \(2.01 min.\)](#)
Nails/toenails need to be filed from rough edges with a nail file after trimming!
- **Dressing:** Putting outfits together that are appropriate to their body style not tight, sheet, or sloppy, modestly representing the Lord. [Click Here for Video for Girls \(22.07 min.\)](#) Proper **undergarments** need to be worn under everything, including slips (under dresses/skirts and camisoles under tops! & [Click Here for Video for Boys \(5.17 min.\)](#) boys wear “undershirts” to absorb sweat, etc....
Iron your clothes everyone!

- **Diet/Water:** Limit junk food, **parents need to model** healthy eating/portion control, the importance of vegetables, fruits & avoiding extra sugar/carbs. (*This affects their attitude and hormones!*) [Click Here for Video \(2.02 min.\)](#) Eat at the table together for the best health!
- **Weight:** Keep a healthy level (portion control) supervise meals/snacks and give them goals to aim for, **parents, you need to require and model** daily exercise. [Click Here for Video \(1.16 min.\)](#)
- **Facial Cleansing/Acne:** There are many acne products available. This can be googled. Proper cleansing to care for their skin, having clean washcloths/soap. Teaching what happens to their skin when they don't take care of it, don't "over strip" skin! [Click Here for Video \(7.35 min.\)](#)
- **Caring for clothes/shoes:** Teach how to wash/dry/fold/hang/put away. (Nothing thrown on bed/floor or drawers unfolded!) Check and make sure they are changing their undergarments daily and cleansing properly. (Girls monthly needs and proper products/education on this, make sure they have these items in a purse with them at all times!)

Demonstrate proper cleansing of body/clothes/stains (teach/supervise this) before putting it in the washer/dryer. Proper care of shoes/cleaning/airing to prevent odor and excessive wear.

[Click Here for Video \(3.34min.\)](#)

We recommend you look for videos on washing bedding/linens weekly and teach them to do it!