

SEPARATING CLOTHES

CLOTHES CAN BE SEPARATED INTO A CLEAN CLOTHES PILE AND A DIRTY CLOTHES PILE FIRST.



CLOTHES CAN BE SEPARATED BY COLOR; SEPARATING THE COLORED CLOTHES AND THE WHITE CLOTHES INTO DIFFERENT PILES

PUTTING LAUNDRY TO WASH IN THE MACHINE

AFTER SEPARATING THE LAUNDRY, THEY CAN GO INTO THE WASHING MACHINE!



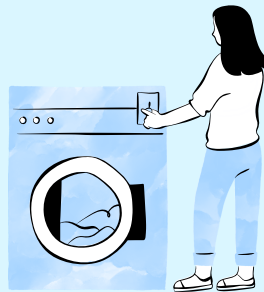
PLACE ONE OF THE PILES OF SEPARATED CLOTHES INTO THE WASHING MACHINE AND POUR LAUNDRY DETERGENT IN.



CLOSE THE DOOR TO THE MACHINE AND TURN THE KNOB FOR THE TIME AND TYPE OF WASH.

DRYING FRESH LAUNDRY

THE FRESH LAUNDRY CAN BE DRIED BY PUTTING THE CLOTHES IN A DRYER MACHINE.



THE FRESH LAUNDRY CAN BE DRIED BY USING A DRYING RACK



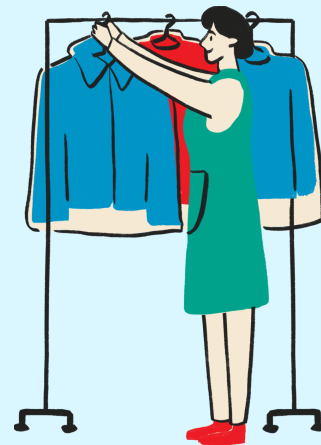
LAUNDRY MANAGEMENT



- Using vocational activities such as household chores as occupation based interventions has the potential to help children improve their functional life skills earlier
- This can benefit children and students throughout the academic and future employment periods of their lives.

LAUNDRY AS AN INSTRUMENT OF DAILY LIVING (IADL)

- IADLS are activities to support daily life within the home and community that may require more complex interactions than with activities of daily living (ADLs)
- Doing laundry may fall under the Home establishment and management category in IADLs.
- Practicing laundry skills at home enhances independence.



youtube link:

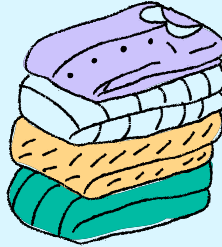
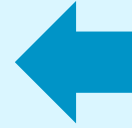
<https://youtu.be/gJ-fmYhuKbE>

FOLDING CLOTHES

THE CLOTHES
CAN BE
FOLDED FLAT
LIKE THIS

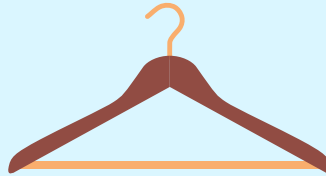


OR CAN BE
ROLLED LIKE THIS
TO MAXIMIZE
SPACE



HANGING UP CLOTHES

CLOTHES CAN BE FOLDED
AWAY IN DRAWERS OR
HUNG UP ON CLOTHING
HANGERS



**THESE TASKS HELP TO IMPROVE VISUAL MOTOR SKILLS,
ATTENTION SKILLS, SEQUENCING, MOTOR PLANNING, EXECUTIVE
FUNCTIONING, BILATERAL COORDINATION AND VOCATIONAL
SKILLS!**

DUNN, L., MAGALHAES, L. C., & MANCINI, M. C. (2014). INTERNAL STRUCTURE OF THE CHILDREN HELPING OUT: RESPONSIBILITIES, EXPECTATIONS, AND SUPPORTS (CHORES) MEASURE. THE AMERICAN JOURNAL OF OCCUPATIONAL THERAPY, 68(3), 286-295.
[HTTPS://DOI.ORG/10.5014/AJOT.2014.010454](https://doi.org/10.5014/ajot.2014.010454)