

Hygiene and Privacy Starter Checklist

Age-aware, dignity-centered preparation for children, tweens, and teens.

Universal starter approach

- ☐ Offer choices privately instead of presenting one complete preselected kit.
- ☐ Use sealed, neutral, fragrance-free starter products when preferences are unknown.
- ☐ Ask what products and routines are familiar before replacing them.
- ☐ Provide a toiletry bag or private storage area.
- ☐ Explain where towels, laundry supplies, and replacement products are kept.
- ☐ Do not discuss hygiene needs in front of siblings, visitors, or other children.

Younger children

- ☐ Child-size soft toothbrush and toothpaste appropriate for age.
- ☐ Gentle shampoo and body wash appropriate for known needs.
- ☐ Comb, brush, detangling tools, or hair accessories selected for the child's hair.
- ☐ Step stool or other access support when needed and safe.
- ☐ Simple visual routine only if helpful, not as a public behavior chart.

Tweens and teens

- ☐ Deodorant options, including fragrance-free choices.
- ☐ Hair-care and skin-care products based on the young person's routine.
- ☐ Menstrual products offered discreetly in multiple types and sizes.
- ☐ Shaving or grooming supplies only when requested and permitted.
- ☐ Private laundry storage and access to detergent.
- ☐ Mirror and lighting that support privacy.

Safety and follow-up

- ☐ Confirm allergies, skin conditions, prescriptions, and medical instructions.
- ☐ Store medication and restricted items according to agency rules.
- ☐ Replace starter products based on preference and actual use.
- ☐ Avoid treating hygiene differences as defiance before checking access, knowledge, trauma, culture, disability, and sensory factors.

Use note: This worksheet is a general planning tool. It does not replace school lists, agency forms, court orders, medical instructions, licensing requirements, or required reporting.