

# Using visual supports

## Personal hygiene



### Do you use visual supports (pictures) with your child or young person?

Here are some visuals you can use when communicating with your child/young person about personal hygiene and COVID-19.

### Why use visual supports?

Visual supports are helpful when you are explaining something new or complex to your child/young person.

You can use visual supports as reminders. For example, you could place a 'wash hands for 20 seconds' picture near the front door to prompt you and your child/young person to wash your hands whenever you come into the house.

Some children/young people also use visuals to communicate. For example a younger child could point to or hand you the hand washing visual as a request to be picked up at the sink.

### How do I use visual supports?

You can:

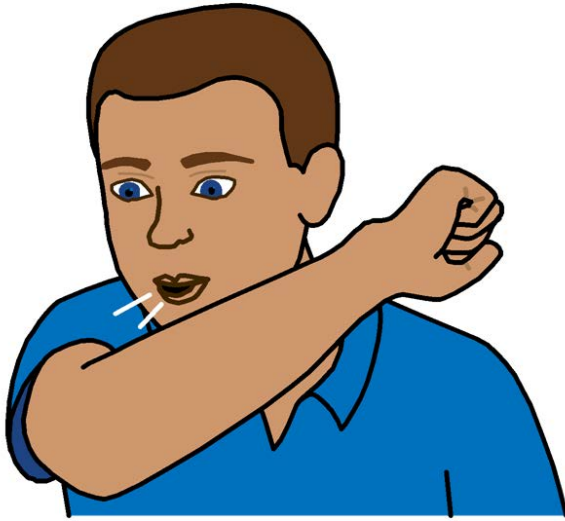
- print the pictures and cut them out
- laminate or contact them to make them last longer
- show your child/young person the pictures when you are explaining new concepts to them
- have the pictures available where they can reach or find them.

### Contact us

Speak to your Lifestart therapist if you would like help to implement visuals with your child/young person or if you would like different visuals which are more relevant for you.

Or call us on:

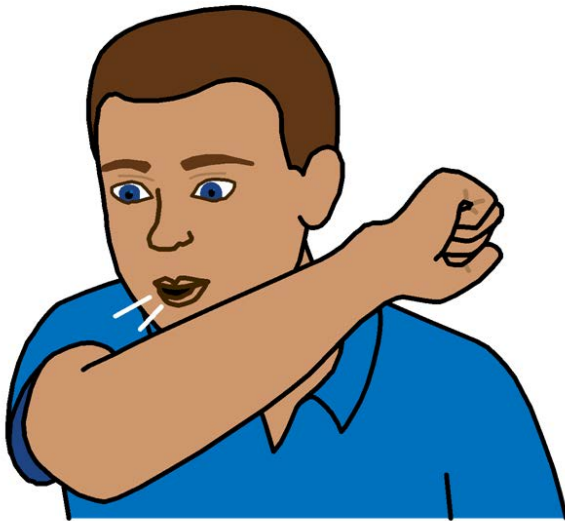
**1800 953 390**



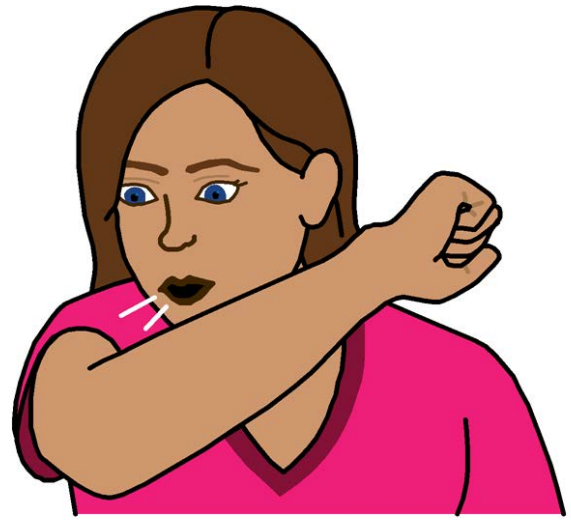
cough into elbow



cough into elbow



sneeze into elbow



sneeze into elbow



cover when coughing or  
sneezing

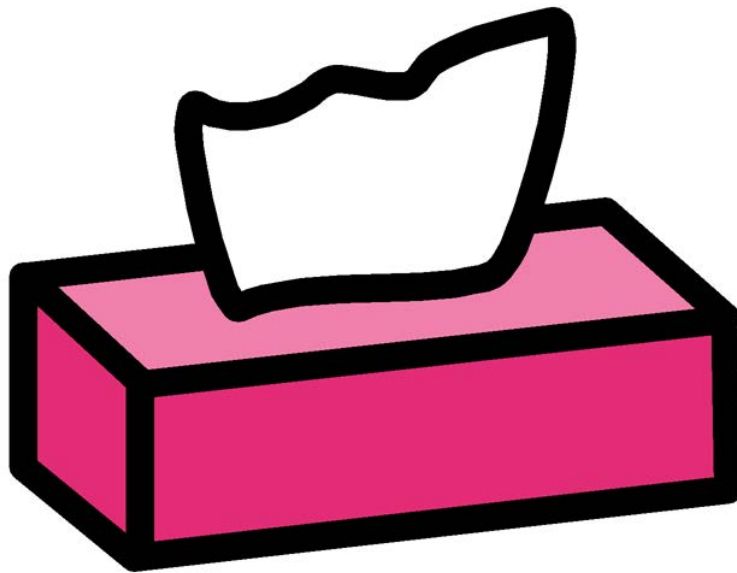


cover when coughing or  
sneezing



wash hands for 20 seconds





use tissues