



Emotional literacy helps us to express our feelings and thoughts, and understand why we may feel a particular way. Recognising the signs in our body can help us to navigate our 'big emotions' and respond in a calm and appropriate manner. Recognising the emotions in others enables us to feel empathy and show understanding and help us to create meaningful relationships

This newsletter will provide access to useful information, guides, websites & apps. Each newsletter will focus on a specific area around your child's social and emotional needs

## Emotional Literacy Support

Working together to  
support you & your  
child

Welcome to your  
8th edition of ELSA  
ParentMail

it's okay to  
feel your  
feelings



**MY BODY**



**HYGIENE**

**HEALTH**



**Self-care**

**looking after me!**

Personal care and hygiene



*HEALTH*

**SELF-CARE**

*MY BODY*





# SENSORY SENSITIVITIES

## Common sensory issues around hygiene routines

The noise of the hand dryers  
Echoes in a tiled room  
Temperature of seat  
Smell of the toilet  
Smell of toiletries  
Flavour or foaming of toothpaste  
Tactile sensitivity to water or soap

## Suggested strategies

Powdered soap  
Headphones to minimise noise  
Water only for teeth brushing to begin with  
Shampoo on dry hair then only use water to rinse

## Suggested strategies

Fill the sink with lots of soap liquid and encourage play whilst hand washing.

Desensitisation by conducting short visits initially

Small amount of toothpaste smeared into bristles rather than on top

## Suggested strategies

Allow the child to shop for the toiletries to allow some control and input with products

At the start, reduce the frequency/duration of routines i.e brush hair twice rather than full hair brush

## Suggested strategies

Experiment with water temperature to find a preference  
Use a count down, timer or piece of music to mark the end of a task  
Shorter hair styles may be easier to manage  
Experiment with times in the day when a task may be easier for your child i.e. they may be sleepy in the mornings so a shower at night time may be more manageable

## 01 SKINCARE

Teenage skin can become oily as you enter puberty. Oily skin traps dust and dirt, which can breed germs & develop into spots. Create a daily skin care regime by using mild soap or facial cleanser and water. Use appropriate products such as mild acne cleansers and moisturiser. Always remove make-up before bed time.

# HEALTHY HABITS FOR WELL- BEING

BE GENTLE  
WITH  
YOURSELF

## 02

### WASH WASH WASH!

It is important to recognise that as you grow and your hormones change, you will develop body hair and develop a new type of sweat gland. This means that unless you are washing these areas they will begin to smell. Body odour increases, so the need to shower daily is important for keeping you feeling and smelling fresh. Washing hair regularly and wearing clean clothes will help you feel and look good too.

SELF  
LOVE  
CLUB

SLEEP WELL



## 03

### BRUSH THOSE TEETH!

Brushing teeth twice daily, flossing and using a mouth wash, should be part of your daily self-care routine. Find a toothbrush that work for you. There are electric or manual brushes available and lots of different variety of toothpastes. Good oral hygiene is vital in keeping you healthy

## 04

### NAILS & FEET!

Trimming the nails on your hands and feet can be tricky so you may need to ask a parent, carer or guardian to help. Infections or ingrown nails can occur if nails are not cared for. Make sure that you are washing feet daily and putting clean socks to help keep germs at bay. Shoes can start to smell if they get wet and wearing shoes without socks can create a pong!

GOOD



HEALTH

# FURTHER SUPPORT & INFORMATION

<https://www.youtube.com/watch?v=7xX2inCqAbg>  
video advice for  
parents

<https://www.healthforteens.co.uk/health/looking-after-your-body/>

advice for teens  
website

<https://www.justonorfolk.nhs.uk/nd-digital-library/everyday-needs/keeping-clean/>

sensory support

<https://www.socialworkerstoolbox.com/free-daily-hygiene-resources-for-kids-teens-visual-guides-checklist-and-educational-videos/>

free  
downloadable  
tools