

WASH CLOTHES

(Clothing care)

Activity summary

The main principle of this set of activities is to learn household management abilities and skills (with the exception of economics which is dealt with in the “Shopping” section). This set is focused on aspects related to cleaning, doing laundry and general maintenance. The activities cover basic skills advancing to more complex ones, encompassing a wide range of exercises that promote independence in household management.

The clothing care section deals with abilities and skills for the adequate cleaning and performing simple mending of clothing. It also includes bedding.

In this activity, different ways to wash clothes are practiced: by hand, in the washing machine or at the dry cleaners (dry cleaning).

Materials needed

1. Sink, bowl/bucket, hand washing detergent
2. Washing machine and instruction manual
3. Laundry detergent and softener
4. Dirty clothes
5. Telephone directory

Practice

Practice the following actions in the office, and then move them to a real setting, if and when possible.

1_ HAND WASH:

If he/she has already done the “Separate dirty laundry” exercise, get the clothes from the basket/hamper, or if not, select articles of clothing that must be hand washed.

- **Why must some items be hand washed?:** Because they are delicate and can shrink, change shape, or the colors may bleed.

- **How is it done?:**
 - 1) Fill the sink or bucket half-way with cold water.
 - 2) Add an appropriate amount of soap.
 - 3) Put an article of clothing in the soapy water and let it soak for 5 – 10 minutes.
 - 4) Wash the article of clothing by softly rubbing the areas where it is stained.
 - 5) Empty the sink/bucket.
 - 6) Fill the sink or bucket again to rinse the piece of clothing.
 - 7) Wring out the excess water.
 - 8) Hang the piece of clothing out to dry.

The same exercise can be done with a white article of clothing that needs bleaching.

2_ WASHING MACHINE:

- **What are the benefits of using a washing machine?:** A washing machine allows us to wash many articles of clothing at the same time; to wash at various temperatures; and to completely wash and rinse clothing.
- **How do you choose the right program?:** Look at the program options (cycles) in the instruction manual; on the control panel, select the one best suited to each instance.
- **How do you use it?:**
 - 1) Choose the clothing to wash (lights, darks, towels, work out clothes, etc.).
 - 2) Put the clothing inside the washing machine, but don't overload it.
 - 3) Add the right amount of laundry detergent in the designated area.
 - 4) Close the door.
 - 5) Add other detergents as needed (i.e., softener).
 - 6) On the control panel, select the cycle that is best suited to the clothing's characteristics.
 - 7) Start the wash cycle.
 - 8) Wait for the wash cycle to finish.
 - 9) Turn off the washing machine.
 - 10) Open the door and remove the clothing.

3_ TAKING CLOTHES TO THE DRY CLEANER:

Gather up the clothes that need to be dry cleaned. Look for the nearest dry cleaner in the telephone directory.