



I Can Do Laundry on My Own!













Laundry is an important chore that I want to learn how to do by myself.

Some people have a washer and dryer at home. Other people go to a laundromat to wash their clothes. A laundromat is a store where people can wash and dry their clothes by paying some money.









I will start by watching someone else in my family do laundry. This will help me learn how to do laundry by myself.

When I am ready, I will try to do laundry by myself.









Doing laundry means using the washer and dryer. Here are the steps I can follow to use the washer.

1. First, I will find all of my dirty clothes and bring them to the washer. I will check my pockets to make sure I did not leave anything in them.











2. Next, I will sort my clothes into 2 piles. One pile is for clothes with color. The other pile is for clothes that are white.







3. Then I can decide which pile I want to wash first. I will put these clothes in the washer. I will fill the washer until it is almost full. I should not fill it to the top because my clothes might not get cleaned. If all of my clothes do not fit, I can set them aside to wash later.









4. Next, I will add soap to the washer. This soap is also called laundry detergent. My family can help me learn how much detergent to put in.









5. Now I will close the lid. It is time to start the washer. There might be lots of buttons on the washer. I can ask my family to help me press the right buttons.

I should check the washer after about 40 minutes to see if it is done. Some washers make noise when they are done.







Now it is time to put my clothes in the dryer. I can use the dryer by following these steps.

1. First, I will sort my clean clothes into 2 piles. One pile is for clothes that can go in the dryer. The other pile is for clothes that I will hang up to dry in the air. If I am not sure, I can check the tags on my clothes or ask my family for help.









2. Next, I will put my clothes into the dryer. I will also hang up my clothes that cannot go in the dryer on a drying rack. If I do not have a drying rack, I can hang my clothes in the bathtub or shower to dry.









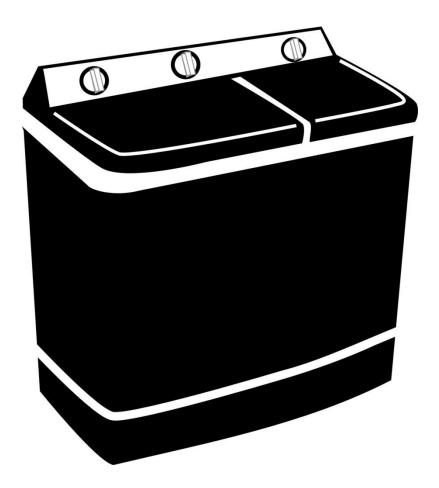
3. Just like the washer, there might be lots of buttons on the dryer. My family can help me learn which buttons to press.

If I want, I can add a dryer sheet before I start the dryer. A dryer sheet makes my clothes soft and smell nice. It is okay if I do not want to use a dryer sheet.









4. After about 1 hour, I can check the dryer to see if my clothes are dry. Some dryers make noise when they are done.









When my clothes are dry, it is time to put them away. I can fold my clothes or hang them up in my closet.

Doing laundry is a chore that I can learn to do by myself. I know it will be a big help to my family when I do!







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Down Syndrome Program

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