CARING FOR YOUR CLOTHES

Loads of Fun from Hamper to Drawer

Adult 101: Life Skills Programs for Teens

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What We Will Learn...

• How to Sort, Wash & Dry Clothes
• How to Iron Clothes
• How to Store Clothes
SORTING IT OUT
Sorting it Out

Read the Label

**WASH**

**MACHINE WASH CYCLE**
- Normal
- Permanent Press/ wrinkle resistant
- Gentle/ delicate
- Hand wash

**WATER TEMPERATURE**
- Hot (50°C/120°F)
- Warm (40°C/105°F)
- Cold/cool (30°C/85°F)

**WARNING SIGNS**
- Do not wash
- Do not wring
Sorting it Out

Read the Label

Bleach Symbols:

- Any bleach (when needed)
- Only non-chlorine bleach (when needed)

Warning Signs:

- Do not bleach
Sorting it Out

Read the Label

Diagram showing washing instructions:
Sorting it Out

Read the Label

IRON — DRY OR STEAM

Iron  High  Medium  Low

WARNING SIGNS

Do not iron

No steam
Sorting it Out

Read the Label

DRYCLEAN

DRYCLEAN — NORMAL CYCLE

P
F

WARNING SIGNS
Do not dryclean

PROFESSIONALLY DRYCLEAN

Reduce moisture
Short cycle
No steam finishing
Low heat
READ CLOTHING LABELS

• Pull out clothes labeled “Dry Clean Only”
• Separate hand washable and delicate items
• The dyes from new clothes may run.
  Pull out for a separate wash.
Sorting it Out

Separate clothes by fabric and color
Sort the dark clothes from the light clothes.
Sorting it Out

Separate fabrics

Polyester
Silk
Cotton
NON-TRANSGENIC
Button and zip pants up before washing to retain their shape.

Empty pockets!
Sorting it Out

Place delicate items (bras, lingerie, etc.) in a mesh bag for a gentler wash.
Turn jeans inside out to protect color
Sorting it Out

Sheets as well as towels should be washed separately from clothes.
Activity #1: Sorting It All Out
THE WASH
The Wash

Use the proper amount of detergent
The Wash

If using bleach, use with white clothes only

[Image of bleach bottle with 'Do not bleach' symbol]
The Wash

Load the right amount of clothes.

A stuffed washing machine will not clean clothes.
The Wash

Choose the right load size

A Small Load = approximately 1/3 of washing machine tub
A Medium Load = approximately 1/2 of washing machine tub
A Large Load = approximately 3/4 of washing machine tub
Choose the right cycle

- Delicate
- Permanent Press
- Cotton/Regular
- Pre-Wash
Choose the right temperature

- Hot water for towels and sheets
- Cold water for dark clothes
- Warm water for polyester

Rinse clothes in cold water
Hand Washing Clothes

- Read the label
- Unless otherwise indicated:
  - Use cool water
  - Use mild detergent or dishwashing liquid
- Use gentle motions in soapy water
- Rinse and repeat
- Gently squeeze out water
- Lay on towel or drying rack
Activity #2: Laundry Jeopardy

Hover over “Laundry Jeopardy.”
Right Click the mouse and select “Open Hyperlink”
DRYING OUT
Drying out

- Check label (for air dry)
- Dry right after wash is complete
- Select proper settings
- Use dryer sheets to soften clothes and prevent static clinging

- Fold or hang immediately
- Clean lint tray
- Never leave dryer on when leaving home
ACTIVITY #3 - Pair up!
IRONING -
Get It Straight
Ironing

- Set up ironing area away from heavy traffic areas
- Keep cord out of walkway
- Check the label for ironing instructions
- Use the right setting for each type of fabric
Ironing

• Lay garment out so it is flat and without wrinkles
• Use steam setting for hard to iron cotton fabrics
• Iron on the backside of certain fabrics
• Hang or fold once complete
• Unplug iron when not in use and empty water tank
STORING CLOTHES
Hang or Fold
Storing Clothes

- Fold or hang clothes immediately after drying to reduce wrinkles
- Consider rolling items such as t-shirts, socks or underwear to save space in drawers

Saving Space - video
Storing Clothes

- Hang shirts, dresses blouses, jackets etc. on a hanger the same way you want them to fit on your body.
- Button top button to avoid slipping off of the hanger.
- Fold sweaters or hang them using this method: How to Hang Sweaters (Right click link and select “Open Hyperlink”)
Activity #4: Folding Sheets

VIDEOS (right click on link and click open hyperlink)

Folding Flat Sheet (3:22 minute mark)

Folding Fitted Sheet (5:00 minute mark)

Folding Fitted Sheet – (Funny)