



Life Skills: Laundry

Name: _____

Keep this form in the student portfolio for each child. It may take a few years before every item is checked.

Define Objective: Demonstrate proficiency in the care of clothing--practicing laundry and mending tasks until I can complete the laundry all by myself.

Discovery: Identify valuable information that will help you succeed with your skill practice.

Always pay special attention to the washing instructions on the label.

- Wash separately means wash alone or with articles that are the same color.
- Hand wash means the water temperature should be cool to lukewarm.
- Drip dry means remove from washing machine before final spin and hand wet. Do not dry in dryer.
- Line dry means remove from washing machine after final spin. Hang damp.
- Dry flat means to lay garment on bath towels on a flat surface to dry.
- Dry Clean Only means garment should be cleaned by a professional cleaner.
- Before you wash – empty every pocket to avoid damage to the washing machine or damage and stains to fabrics.
- Fasten all hooks, close zippers, and tie long strings to prevent snagging and tangling.
- Turn corduroy, permanent press, and knit garments inside out.
- Always remove stains before washing. Pay special attention to collars and cuffs and pre-treat with a stain remover if they are dirty or oily.
- Sort the laundry according to color, temperature, and wash cycle.
- Phosphate detergents work well in all temperatures and in all levels of hard and soft water.
- Non-phosphate detergents perform well in soft water only.
- Always measure detergent according to manufacturer's label.
- Bleach will whiten and brighten clothes. Chlorine bleach should never be used on silk, acetates, wool, or elastic fabrics. Non-chlorine bleach is usually safe for all washable fabrics. They work best in hot water.
- Fabric softeners will shorten the life of a washer and dryer. Static cling can be eliminated by adding 1/8 cup of white vinegar to the rinse water. The vinegar smell will go away when the clothes are dry.
- Overloading the washing machine will cause wrinkling, browning, and yellowing of clothes.
- Use hot water when it is recommended. You can conserve hot water by rinsing with cold water.
- Remove clothes from the dryer as soon as the dryer has stopped to prevent wrinkling.

- Do not over-dry clothes or try to dry too many clothes at a time. They must have room to fluff.
- The smell of clothes dried out in the fresh air is great.
- Permanent press items come out better if they are dried in the dryer.
- Fold tablecloths with the wrong side out so if crease becomes soiled it will not show on table
- Iron ribbons by pulling the ribbon rather than pushing the iron.

Skill Practice: Ask a parent to initial the following items after you demonstrate proficiency:

_____ Identify laundry aids your parents prefer using (detergent, bleach, stain removers, fabric softeners, and laundry starch)

_____ Sort laundry into piles for darks, towels, whites, lights, jeans, and delicate laundry

_____ Pre-treat stains before washing

_____ Wash, dry and fold towels

_____ Wash, dry and fold or hang darks and put items away

_____ Wash, dry and fold or hang whites and put items away

_____ Wash, dry and fold or hang light color clothing and put items away

_____ Wash, dry and fold or hang jeans and put items away

_____ Hand wash and dry delicate laundry

_____ Sew on a button

_____ Mend a clothing item

_____ Iron four articles of clothing including a buttoned and collared shirt, a pair of pants, a woman's skirt, and one item of your choosing.

Evaluate: What did you learn while you practiced? What do you want to remember for your next attempt?

Share what you have learned with others: Decide how you will share your new skills and insights with others. Some things to consider are: create a poster, notebook or display of what you have learned to exhibit at the county fair, provide a demonstration or presentation to your family or peers.