

# Why we take a bath, wash our face, & brush our hair Social Story



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Why do we take a bath?  
We take a bath to keep our bodies clean. We want our body to smell nice for others and to keep up clean so we don't have greasy hair and dirt on our bodies. When we take a bath we can use different soaps to smell good and make extra bubbles for a bubble bath!



Why do we need to wash our face? As we get older our bodies go through changes and we may start to see acne on our faces. We want to help keep our face clean to get rid of dirt and oil on our faces so we can try to prevent acne breakouts. Acne can look like little red dots on our face.

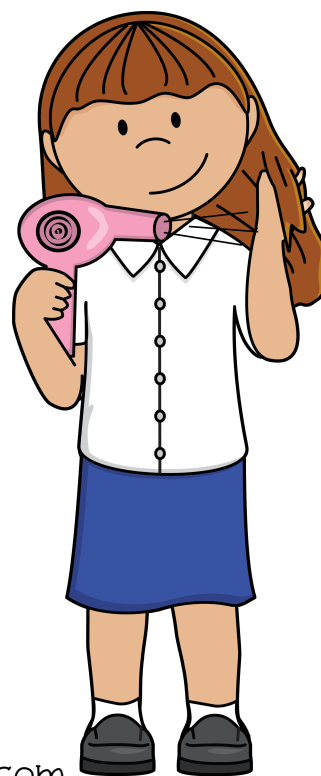


Why do we need to brush our hair?

It is best to brush our hair so we don't get tangles especially if we have longer hair. Sometimes it can be hard to brush our hair because it hurts our head, but we can try to use detangling spray or try a different brush so it doesn't hurt as much. Try brushing your hair after a bath and in the morning before going to school.



It is important to take care of our bodies by helping us stay clean. When we are clean we can smell good and others will want to play with us. We can also prevent extra trips to the doctor when we work at keeping our bodies clean. If something is hard for you to do you can always ask for help from an adult.



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