

Dyspraxia..personal care hints and tips for girls.

Some issues are different for girls than for guys. As each person with dyspraxia has a unique profile of strengths and difficulties, the strategies that work will vary from individual to individual. We hope you find some new ideas here!

Make-up

- Keep it simple & go for subtle tones.
- Sit down when applying make-up and steady your elbow or forearm on a firm surface.
- Look on 'You tube' for some good step by step tutorials or ask for a make-up lesson as a birthday present.
- Have a magnifying mirror and good light.
- Line up products in order of use.
- Use added grips on brushes if it helps.
- Lip crayons and lip gloss may be easier to apply than lipstick
- You may find it easier to get eyebrows threaded or waxed in a salon.
- Mascara can be tricky so having your lashes dyed may be an option.
- Do what is easier for you e.g. some girls find fingers better than brushes for applying makeup.
- Use mascara with a brush applicator to avoid lumps of mascara.
- Mascara that has filaments in to make the lashes look longer are more difficult to apply than those without.
- When applying mascara to the under surface of upper lashes have the mirror above eye level and look up into it.
- Conversely have the mirror lower when working on the lower lashes.
- Cotton buds dipped in a teeny bit of baby oil will remove smudges of even waterproof mascara.
- Roll-on perfumes can be easier to apply.
- Have a trusted friend to ask how it looks when you finish.
- If you don't feel comfortable wearing or applying make-up, take good care of your skin. This means eating well, drinking lots of water and trying to minimise the amount of chemicals you put on your skin.

Nails

- Nail salons are very much in vogue and save the hassle of trying to cut your own nails.
- Ask a friend to help you with nails.
- Use clippers rather than scissors and don't cut toenails too short. It's possible to buy table top nail clippers that might be easier to handle.
- A rough emery board might be easier to use than scissors.

- Use a cotton bud dipped in polish remover to get rid of blotches on the skin.
- Even if you don't manage to trim and polish your nails yourself, keeping them clean will make you feel more presentable.

Teeth

- It's easy to forget to brush your teeth so build this into your daily routine.
- Use disclosing tablets to make sure you clean thoroughly.
- Set a 2 minute timer on your phone (or use a kitchen timer) to make sure you brush for long enough.
- Consider using an electric toothbrush as this reduces the need to move the brush quite so much.

Shaving

- Always sit down when shaving.
- Try shaving after a bath or a shower.
- If you cut yourself, apply a cool damp flannel to your skin to stem the blood.
- Waxing may be a better option – if you think your pain threshold will cope!
- Or you could use hair removal cream.

Doing your hair

- The foundation of any hair style is a good cut. Choose an easy to maintain style.
- A short style may mean you don't have to dry your hair in front of a mirror. Some people having difficulty handling a hair dryer so short hair may be a good option.
- Embrace your curls to avoid the need for straighteners.
- Comb with conditioner in your hair to get rid of knots. Have some detangler to rub through your hair if needed.
- Some people find the 'Tangle Teaser' hairbrush easier to manage.
- If you have long hair a selection of scrunches are useful for tying it back easily and without pain.
- Wash your hair under the shower to make rinsing easier.
- Ask your hairdresser about tips to management.
- Practise will improve your skill.

Menstruation

- Make a note on a calendar when your period is due so that you are not taken by surprise.
- Red paper clip reminder- you may find it useful to attach a clip to your handbag a couple of days before your period is due to remind you to put some sanitary towels or tampons into your bag.

- Pack a small wash bag with products ready so that you are not caught short at the beginning of a busy day. It also enables you to have your products discreetly packed away.
- Dark underwear may be useful as it will not show stains and a pair of black shorts to wear at night time might be a consideration.
- Whatever product you choose to use remember that practice makes perfect, so try things when you are period free.
- Stick-on pads may be easier to manage than tampons (put pads with wings can be more tricky!).
- Some girls prefer to 'be prepared' and carry with them some clean pants with pads already attached. They then change their whole pants, putting soiled ones into a discrete bag to take home. This is a good strategy if you get anxious about changing sanitary wear in public toilets.
- Set a timer on your phone if you are likely to forget to change your pad.
- Have some wet wipes handy
- Pain relief and a hot water bottle or heat pad might be useful if you suffer pain.
- Be aware that your mood may be changeable.
- Keep clean - a nice hot shower can be comforting as well as hygienic.

Choosing clothes

- Have a friend or trusted adult shop with you.
- Keep sets of clothes together on a coat hanger.
- Avoid fiddly buttons and fastenings. Use Velcro to assist with fastenings.
- Look for clothes that are easy to put on.
- Choose clothes from a similar palate of colours so that they always coordinate.
- Look for jewellery and accessories which have large clasps or bracelets that are elastic.
- Choose well-fitting shoes which are snug around the heel for extra stability.
- Rubber/crepe or leather soles are less slippery.
- Avoid high heels or practice a lot in them.
- If you have a particular dress style that you enjoy, wear it with pride but be aware that certain clothes suit different situations (you wouldn't wear a bikini to a job interview!).
- Lay your clothes out the night before you are due to wear them. It is easier to co-ordinate items and reduces stress when you are in a hurry in the morning.
- Position a full length mirror near your front door so you can check your appearance before you leave the house.