

HEALTHY HABITS

Healthy Rules for Unusual or Special Days
For persons with intellectual or developmental disabilities (IDD)



What types of days will make it hard to use my Healthy Habits?

Examples are:

- When my regular schedule changes
- Party days, holidays, vacation days
- When I am sick
- When I travel

Who are trusted people in your life who help you? Share these habits with them.

1. _____
2. _____
3. _____

What should I do when my Healthy Habits don't fit the day?

Ask for help!!

- Who helps you when you have a question?
- Talk to a trusted person in your life when you have a question.
- Ask about days when your habits don't work.

Who do you tell if you hurt? Or if you throw up? Tell someone if you have watery or bloody poops or if your pee turns brown. Ask for help and what to do next.

How do you remember if you had a poop today or yesterday? If you have trouble remembering, you could write it down or tell someone. If you haven't pooped in 2 days, tell someone so you can figure out together what to do next.

MY HEALTH GOALS

- I want to eat healthy foods and drink enough and eat the right amounts every day.
- I want to keep my body clean (wash up regularly) and active (exercise at least 3 times a week).
- I want to take care of my body, go to the bathroom regularly.
- I want to get enough sleep to be rested every day (7-9 hours).

If you can't eat your usual meals, make sure you drink enough. If you are sick, drink small sips all day. If you are too ill to eat your meals, drink 2 ounces every 15 minutes all day when you are awake.

If you are traveling, make sure you drink enough and take time to go to the bathroom even if you aren't eating your meals at regular times. If you are travelling, bring a water bottle and some healthy snacks.

If you can't take your usual shower, you can wash up with a towel. Wipe up your face, hands, armpits, feet, private areas. Use deodorant every day.

If you didn't get enough sleep last night, how early should you go to bed tonight? Could you take a nap to catch up?

Most people can pick one "party day" a week to eat party foods. Even on holidays be careful not to overeat.

- It is okay sometimes to eat second portions of favorite things. Try to stay away from having thirds.
- If you just got a whole box of chocolate, try to eat only 1 or 2 pieces on the first day.

