CARING FOR YOUR CLOTHES

Loads of Fun from Hamper to Drawer
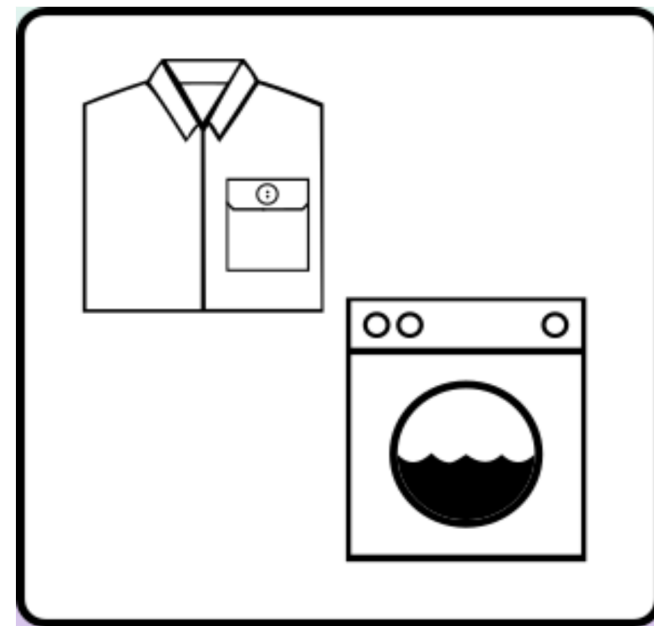
Adult 101: Life Skills Programs for Teens
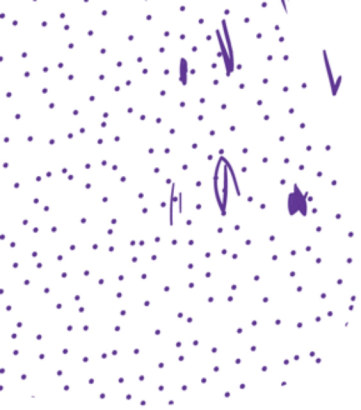
LA COUNTY LIBRARY

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

WATER TEMPERATURE

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

Hand wash

WARNING SIGNS

- Do not wash
- Do not wring

Sorting it Out

Read the Label

Sorting it Out

Read the Label

Sorting it Out

Read the Label

Sorting it Out

Read the Label

DRYCLEAN

DRYCLEAN — NORMAL CYCLE

Dryclean

Any solvent

Any solvent except trichloroethylene

Petroleum solvent only

PROFESSIONALLY DRYCLEAN

Reduce moisture

Short cycle

No steam finishing

Low heat

WARNING SIGNS

Do not dryclean

Sorting it Out

MACHINE WASH CYCLE

Normal   Permanent Press/   Gentle/
          wrinkle resistant   delicate

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

Sorting it Out

Sort dark clothes from light clothes
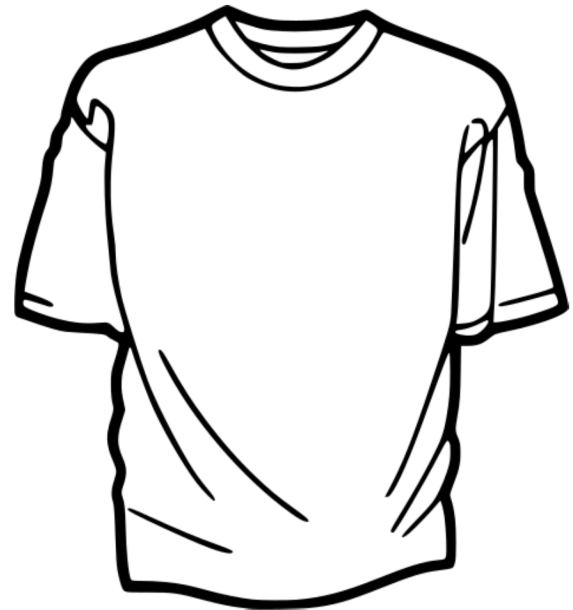
Sorting it Out

Separate fabrics

Polyester

Silk

Cotton

Sorting it Out

Button and zip pants up before washing to retain their shape.

Empty pockets!
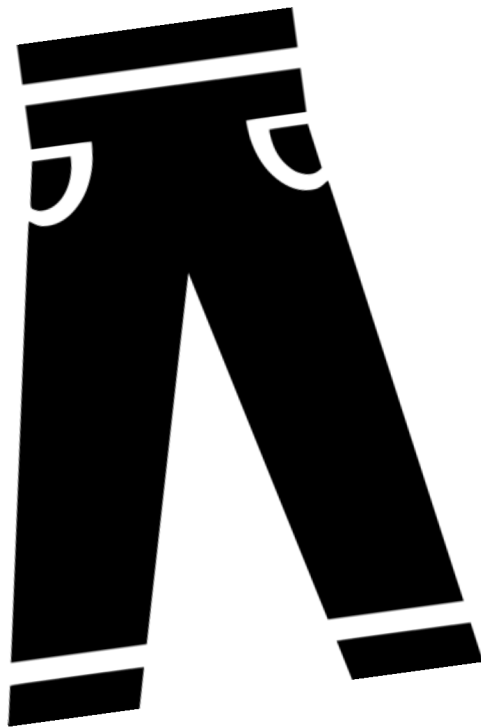
Sorting it Out

Place delicate items (bras, lingerie, etc.) In a mesh bag for a gentler wash

Sorting it Out

Turn jeans inside out to protect color

Sorting it Out

Sheets as well as towels should be washed separately from clothes

LA COUNTY LIBRARY

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

Do not bleach

LA COUNTY LIBRARY

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
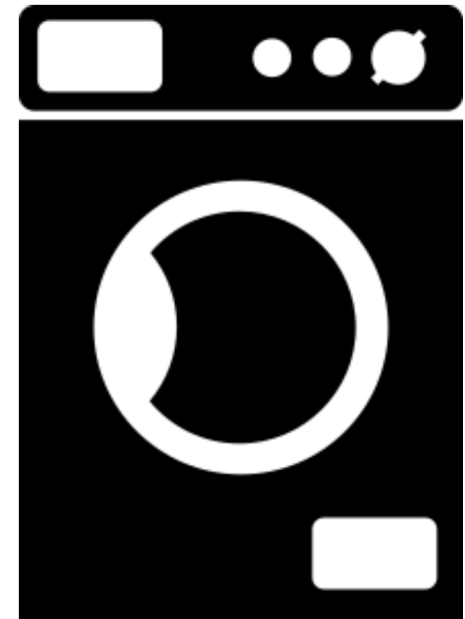
The Wash

Choose the right cycle

- Delicate
- Permanent Press
- Cotton/Regular
- Pre-Wash
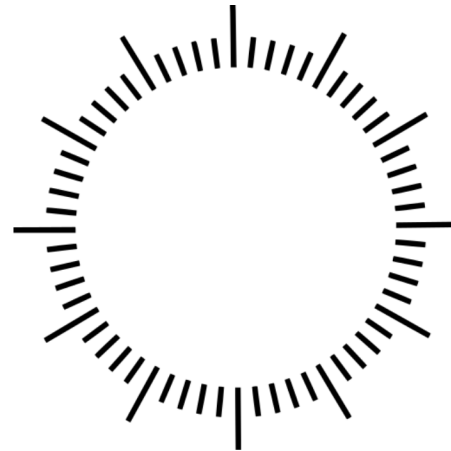
The Wash

Choose the right temperature

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

Rinse clothes in cold water

LA COUNTY LIBRARY

Hand Washing Clothes

Hand wash

- 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

LA COUNTY LIBRARY

Activity #2:
[Laundry Jeopardy](#)

Hover over "Laundry Jeopardy."
Right Click the mouse and select "Open Hyperlink"

DRYING OUT
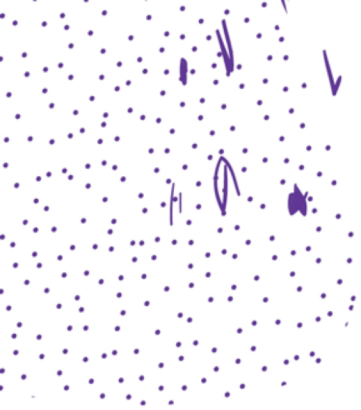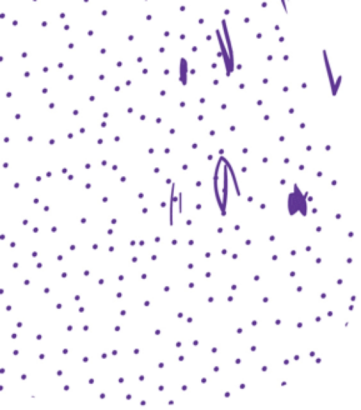
Drying out

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

- Fold or hang immediately
- Clean lint tray
- Never leave dryer on when leaving home

LA COUNTY LIBRARY
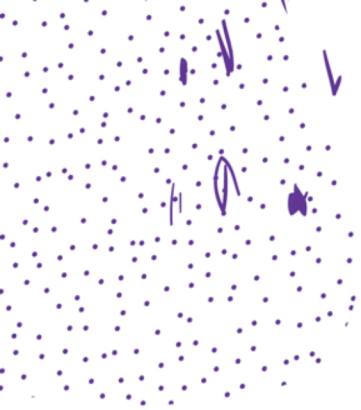
ACTIVITY #3 -
Pair up!
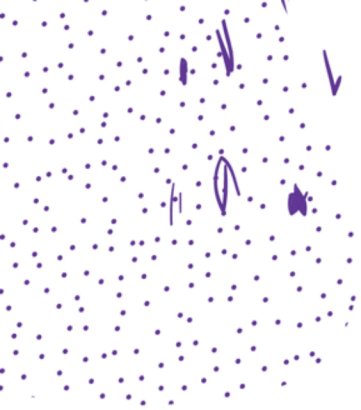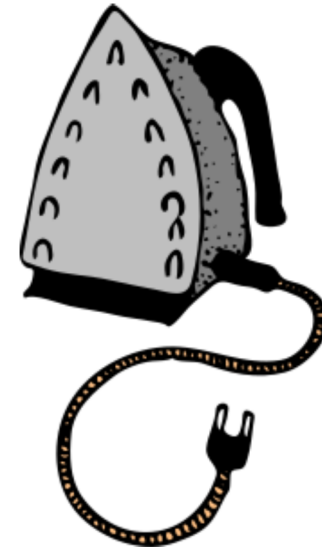
IRONING -
Get It Straight

Ironing

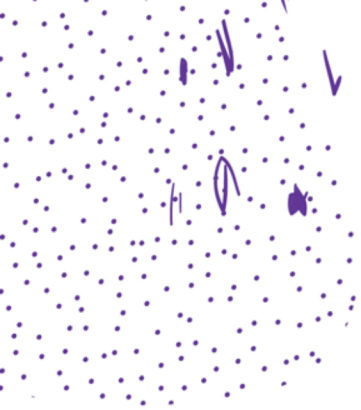- Set up ironing area away from heavy traffic areas
- Keep cord out of walkway
- Check the label for ironing instructions
- Use the right setting for each type of fabric

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
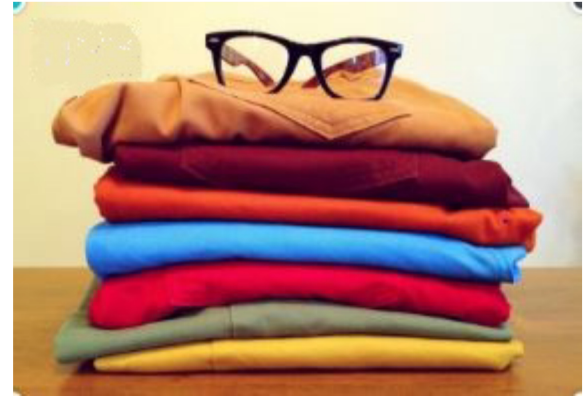
STORING CLOTHES
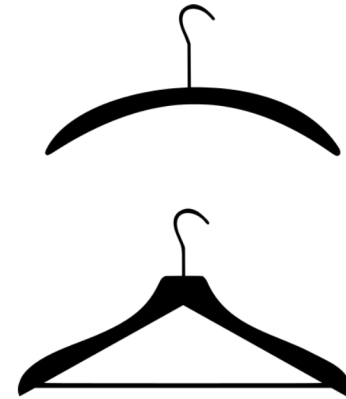## Hang or Fold

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
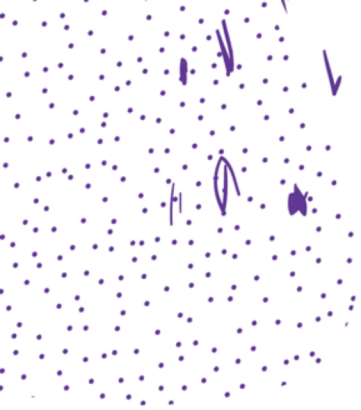
Saving Space - video

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)

LA
COUNTY
LIBRARY

Curiosity Welcomed