

CARING FOR YOUR CLOTHES – Lecture Notes for PowerPoint Presentation

Loads of Fun from Hamper to Drawer

Slide #1 – Title Slide

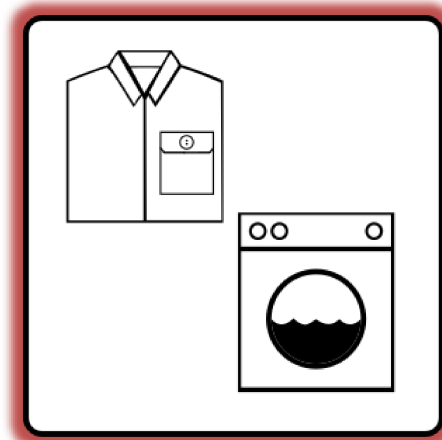
CARING FOR YOUR CLOTHES

Loads of Fun from Hamper to Drawer

Slide #2

In this program, we will learn:

- How to Sort, Wash & Dry Clothes
- How to Iron Clothes
- How to Store Clothes



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Sorting It Out

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There are five basic symbols on clothing labels. Be sure to read the labels for instructions regarding washing, bleaching, drying, ironing or dry cleaning clothes. Washing instructions are symbolized by a tub with water in it. Added markings tell you what cycle or temperature to use, whether the item should be hand washed, or wash at all. There is also a symbol to denote if you should not wring the item.

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A triangle represents directions regarding bleaching. Note the marking regarding chlorine bleach or no bleach.

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A square denotes drying instructions with markings giving details regarding tumble cycle, heat cycle, etc.

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The iron symbol looks like an iron. Additional markings detail temperature and steam.

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A circle represents directions regarding dry cleaning. Pay close attention to labels that recommend dry clean only.

Slide #9 – Title Slide

- Reading clothes labels carefully for instruction to care for clothes
- Separate hand washable and delicate items from the rest of the clothes
- Wash richly colored clothes separately to avoid color leakage

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Separate clothes by color and fabric. Separate light colored clothes (pastels and whites) from dark colored clothes. Separate cotton clothes, polyester clothes and delicate fabric. Heavy cotton items such

as jeans should be washed separately from lighter weight cottons. Towels and sheets should be washed separately from clothes and each other.

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Separate dark colored clothes from light colored clothes.

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Different types of fabrics require different water temperatures and wash cycles to get clothes their cleanest.

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

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Place delicate items (bras, lingerie, etc.) in a mesh bag for a gentler wash. Clothes will wear longer and retain their shape and finish.

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Turn jeans inside out to reduce fading.

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Sheets as well as towels should be washed separately from clothes and each other. Towels and sheets contain skin cells, sweat and bacteria and should be washed once a week.

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Activity #1 – Complete Sorting It All Out Worksheet

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The Wash

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Use the proper amount of detergent for each load. Too much detergent in the wash will not allow clothes to properly rinse soap from the fabric. Add detergent to water while the tub is filling up. Allow detergent to mix with water before adding clothes.

High efficiency washing machines require specific detergent. Look for the  symbol on the detergent box or bottle.

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If using bleach, use with white clothes only. While bleach can remove tough stains from white clothes, do not use too much. Pour into water while the tub is filling up. Allow bleach to mix with water before adding clothes.

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Load the right amount of clothes to the washing machine. Overloading the washing machine will not allow clothes to clean properly. Clothes need room to swish around.

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Choose the right load size for your wash:

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

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Choose the right cycle based on the fabric of the clothes you are washing. Each washing machine is different. Read dial labels carefully.

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Choose the right temperature for wash:

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

Rinse clothes in cold water

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Hand Washing Clothes

- Use a clean sink, bucket, or plastic tub
- 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 hang dry

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Activity #2 – Laundry Jeopardy - <http://jeopardylabs.com/play/2018-08-07-111>

Slide #27 – Title slide

Drying Out

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- Check label for drying instructions. Items may require cool drying temperatures or air drying such as sweaters.
- Remove clothes from washer and place in the dryer as soon as possible to avoid mildew and sour odor
- Select proper settings on dryer dial based on fabric of clothing
- Use dryer sheets to soften clothes and prevent static cling
- Fold or hang immediately to reduce wrinkles

- Clean lint tray of dryer. The U.S. Fire Administration reports that the failure to clean the dryer is the leading cause of home clothes dryer fires.
- If drying clothes at home, turn dryer off before leaving. There are approximately 3,000 clothes dryer fires reported each year, with an estimated 5 deaths and 100 injuries reported annually, according to the U.S. Fire Administration.

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Activity #3 – Pair up!

Place the mixture of socks and gloves on the table. Have teens match and pair socks and gloves, rolling pairs together.

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Ironing – Get it Straight

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- 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. If unsure, start on low temperature. Start with items requiring coolest temperature. It is easier to let the iron warm up than it is to cool.

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- 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 such as of rayon, acetate, corduroy to preserve finish
- Hang or fold once complete
- Unplug iron when not in use and empty water tank

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Storing Clothes - Hang or Fold

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- 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](#) (1 minute, 14 seconds)

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- Hang shirts, 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](#)

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Activity #4 - Folding Sheets – show videos before having teens practice folding sheets in pairs or alone.

[Folding Flat Sheet \(3:22 minute mark\)](#) (1 minute, 35 seconds)

[Folding Fitted Sheet \(5:00 minute mark\)](#) (2 minutes)

[Folding Fitted Sheet – \(Funny\)](#) (2 minutes, 9 seconds)

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Ending Slide