Table of Contents

Introduction5	Grooming
	Brushing Teeth
Healthy Habits	Shampooing Hair 39
Being Healthy9	Brushing and Combing Hair 40
Healthy Food10	Hair Dryers41
Overeating11	Clipping Fingernails and Toenails . 42
Eating Slowly 12	Bathtime 43
Exercise	Shower
Washing Hands	The Barber
Scabs	The Hairdresser
Drinking From My Own Glass 16	Wearing Different Clothes 47
Alcoholic Beverages 17	Using Deodorant48
Smoking	Books About Body Changes 49
Health Care	Picture Index50
Taking Medicine 19	
Other People's Medicine20	Tracking Multiple Behaviors51
Hearing Screening 21	Tracking Multiple Behaviors
The Eye Exam	Example52
Wearing Glasses23	Initial Behavior Analysis53
The Dentist24	Initial Behavior Analysis
A Cavity25	Example
The Checkup	Record of Progress 55
The Gynecologist 27	Record of Progress Example 56
Immunizations 28	
The Hospital29	Tracking Form for Lessons -
Dubouty	Individual57
Puberty Dayslaning Proacts 20	Tracking Form for Lessons -
Developing Breasts	Group 59
Wearing Bras	Overview of Lessons 61
Sanitary Products33	References and Resources 63
Hair on Legs and Underarms 34	
My Changing Body (Boys) 35	
Acne	
What Can I Do About Acne? 37	