



Survival Topic #3: Home Care

Questions to Ask:

What was your home like?
What kind of tools did you use to clean your home?
Who did most of the cleaning at home?
What and how did you clean?

Topics to Share:

Share with your mentee tips about cleaning and general household hygiene practices. Remember that your mentee may have spent much of their life in a refugee camp or a place where the household cleaning is very different than it is here.

Do a cleaning demonstration or actually work on cleaning the apartment together. Be sure to show which products are used for each task. Help the mentee find places such as where to dispose of their household waste, where to do laundry, etc. Be sure to illustrate the proper way to dispose of diapers (i.e. by putting in a closed plastic bag as opposed to an open waste bin).

Remind mentees about proper food storage. Show them how to store food to avoid pest infestations as well as how to store food to avoid spoilage.

Help your mentee schedule daily/weekly/monthly chores to ensure that they understand the frequency in which certain tasks need to be completed. Create a chore chart to

post on the refrigerator and help them learn how to keep track of their progress.

Encourage men in your Mentor Team to show how they clean and cook to emphasize that in the U.S., men are part of household tasks as well.

English Language Learner Tips:

Use cleaning labels with translations and pictures to practice the names of household fixtures, places, and chores. Be sure to work on which products are used for each chore.

Practice going to a store and purchasing cleaning supplies. Make sure they know the differences between products such as: dishwashing soap, dishwashing detergent, and laundry detergent.

When you make a schedule for the chores, practice days of the week and months, as well as time of day. You can also practice prepositions like "before," "after," "on," "under," or "over." Similarly, this can also be a great time to practice the names of rooms, household items, and furniture.

Other Notes:

While this may seem like universal knowledge at first glance, remember that your mentee may have spent most, if not all, of their life in a refugee camp. For many, taking care of a home in this way is completely new.