

MOST POPULAR COURSE

Children: Self Grooming & Personal Hygiene

Teach your child healthy habits, good hygiene, and confidence for life.

"Build Healthy Habits. Boost Confidence. Shine Every Day."

Good habits begin at home, and the earlier children learn them, the better they grow into confident, responsible, and independent individuals.

Personal grooming and hygiene are not just about looking clean — they help children stay healthy, prevent illness, build confidence, and create a positive impression wherever they go.

The **GroomX Self Grooming & Personal Hygiene Skills Course for Children** teaches the importance of cleanliness, personal care, proper dressing, and healthy daily routines through fun and interactive learning, including games, demonstrations, and practical activities.

By the end of this program, children will develop healthy habits that stay with them for life, helping them become more confident, responsible, and well-groomed every day.

10

INTERACTIVE MODULES

500+

STUDENTS TRAINED

100%

ACTIVITY-BASED LEARNING

★4.9

PARENT SATISFACTION

Why Choose This Course

Build Healthy Hygiene Habits Early
Children learn simple daily habits that help them stay clean, healthy, and active.

Encourage Independence
Teach children to care for themselves without depending on others for everyday tasks.

Improve Confidence & Self-Presentation
Looking neat and feeling fresh helps children feel more confident.

Learn Proper Dressing Skills
Children learn to wear clothes properly and choose outfits for different occasions.

Develop Responsibility
Daily grooming teaches discipline, responsibility, and self-care from an early age.

Promote Good Health
Good hygiene helps prevent common illnesses and keeps children physically healthy.

What You Will Learn — Module Outline

This program has 10 carefully designed modules that build step by step.

- 1

Self Grooming Basics — Understanding Grooming and Its Importance
Children learn what self-grooming means and how it helps them stay healthy, feel confident, and make a positive impression.
- 2

Personal Style — Colours, Combinations and Accessories
Children learn to choose matching colours, wear clean clothes, and dress appropriately for different occasions.
- 3

Dressing Skills — Wearing Clothes and Shoes Correctly
Children learn to dress independently — buttoning shirts, zipping jackets, tying shoelaces, and keeping uniforms neat.
- 4

Smart Dressing — Comfort and Appearance
Children learn how to dress appropriately for school, parties, sports, festivals, and outdoor activities.
- 5

Daily Routines — Morning, Evening and Everyday Habits
Children build habits such as waking on time, brushing teeth, bathing, washing hands, and following bedtime routines.

6 Weekly Care — Regular Hygiene Practices

Children learn weekly routines such as washing shoes, cleaning water bottles, and organizing belongings.

7 Hygiene Essentials — Hair, Skin, Teeth and Nail Care

Children learn proper hair care, skin cleanliness, correct brushing, and nail trimming.

8 Cleanliness Habits — Hands, Feet and Body Care

Children learn essential habits such as washing hands properly, keeping feet clean, and using clean towels.

9 Good Practices — Grooming Do's and Don'ts

Children learn simple grooming rules, from brushing teeth twice daily to avoiding sharing personal hygiene items.

10 Practical Learning — Activities and Habit Building

Children practice through games, demonstrations, hygiene checklists, and positive habit-building exercises.

Skills Your Child Will Gain

✓ Dress neatly and independently	✓ Practice good grooming habits
✓ Maintain personal cleanliness	✓ Develop organized daily routines
✓ Understand personal hygiene importance	✓ Take responsibility for personal care
✓ Improve self-discipline	✓ Build self-confidence

Who Is This Course For?

Parents Looking for Holistic Development

Parents who want their children to develop healthy habits that last a lifetime.

Students

Children who want to become more confident, organized, and independent.

Every Child Who Wants Healthy Habits

Suitable for any child who wants to become cleaner, healthier, and more confident.

Frequently Asked Questions

What age group is this course suitable for?

The course is designed for school-age children and young learners.

Will children learn through activities?

Yes. The course includes games, demonstrations, practical activities, and interactive sessions.

Does this course teach personal hygiene?

Yes. Children learn hair care, skin care, dental care, hand washing, and cleanliness habits.

Is this course suitable for beginners?

Absolutely. No previous knowledge is required.

Will this help children become more independent?

Yes. A main goal is helping children take responsibility for their own grooming and hygiene.

Can parents support learning at home?

Yes. Parents receive simple tips to encourage healthy habits every day.

What Our Students Say

★★★★★

"My daughter now gets ready for school by herself and remembers her daily hygiene routine without reminders."

Ritu S.
Parent

★★★★★

"This course helped my son become much more responsible and confident. The practical activities made learning enjoyable."

Vikram K.
Parent

Ready to Help Your Child Build Healthy Habits?

With fun activities, expert guidance, and practical learning, GroomX helps children build healthy routines that last a lifetime.

Call us: 9036111000 | Visit our office in Bangalore anytime