



Hygiene

Hand Washing

In order to help prevent the spread of sickness, wash hands as frequently as possible, using the following 5 steps

1. Wet hands with clean, running water.
2. Lather up, including backs of hands and between fingers.
3. Scrub for 20 seconds.
4. Rinse under clean, running water.
5. Dry hands with a clean towel or air dry.

Source: CDC

Clean Clothing

Wearing properly laundered clothing is important to keep our bodies clean. Our bodies are constantly sweating and shedding skin cells.

Unwashed clothing can harbor bacteria and dirt.

Oral Hygiene

Having good oral hygiene is important for many reasons. Some ways to keep your mouth and teeth healthy are:

1. Brush teeth for 2 minutes, 2 times per day. Small children do not have the dexterity to brush alone, so they will need help brushing those baby teeth!
2. Visit the dentist twice per year. If your dentist and insurance allow your child to go every 3 months, take advantage of that.
3. Floss teeth daily.

Source:
<http://www.mouthhealthy.org>

Bathing

Bathing every day is important to stay feeling and smelling fresh! Incorporating a bath or shower into a morning or evening routine is a really great habit to get into.

Cleaning the Home

An important way to help keep our bodies clean and healthy is to keep our homes clean. Keeping the dishes clean, garbage from accumulating in the home, and vacuuming the floor can help keep any unwanted pests, such as ants, bedbugs, etc. from the home.

Activities to teach children about hygiene

- Add some glitter to your child's hand and then have them do some activities: open the door, play with toys, color, or grab a snack. Then retrace your child's steps and show them how much glitter was left behind.
- Once you've finished this activity with the glitter, help your child wash their hands. Note that it takes at least 30 seconds of scrubbing with soap in order to get rid of the glitter.
- Let a boiled white egg sit in a glass of colored liquid (such as Coke) for a day, and then take a close look at it. It will most likely be tinged with brown. Eggshells and teeth can hold stains the same way. Once you and your child have examined the stained eggshell, show them how to clean the egg with a toothbrush and whitening toothpaste. It will take some scrubbing, but soon you'll see the contrast between the brushed and unbrushed area. Teach your child that their teeth become dirty throughout the day and need to be brushed at least twice a day.
- Help kids get the motions right by playing hygiene charades. One child picks an action for hygiene, such as brushing teeth, coughing into a sleeve or taking a shower. Then the child acts out the hygiene habit without using any words. The other children guess what action is being portrayed and then you talk about the proper way to do each hygiene habit.