

HAND WASHING

Lesson

Hand washing is the best way to prevent germs from spreading and to keep your kids from getting sick. Good hand washing is the first line of defense against the spread of many illnesses. When kids come into contact with germs, they can unknowingly become infected simply by touching their eyes, nose, or mouth. And once they're infected, it's usually just a matter of time before the whole family comes down with the same illness. To minimize the germs passed around your family, make frequent hand washing a rule for everyone, especially:

- before eating and cooking,
- after using the bathroom,
- after cleaning the house,
- after touching animals—including family pets,



Lesson Continued

- before and after visiting or taking care of any sick friends or relatives,
- after blowing one's nose, coughing, or sneezing, and
- after being outside.

Demonstrate this routine to your kids — or better yet, wash your hands together often so they learn how important this good habit is:

1. Rinse your hands in warm water. Make sure the water isn't too hot for little hands.
2. Use soap and lather up for about 10 to 15 seconds. Make sure you get in between the fingers and under the nails where germs tend to collect. And don't forget the wrists!
3. Rinse and dry well with a clean towel.

Snack Time

Make smoothies with your child. Use bananas, oranges, strawberries, blueberries, etc and blend them all in a blender at high speed along with milk, ice, vanilla, and a little bit of sugar. Remember to wash hands before you touch the fruit, and also to wash the fruit itself before using it.



Outing

Go outside and play a game of tag or hide and seek with your child. The point of this is to have fun, but also to show the importance of being clean afterwards. Use the steps previously described to help your child wash their hands in the most effective manner.



Reading Time

- Wash Your Hands!, by Tony Ross
- Maisy Bakes a Cake, by Lucy Cousins
- Potty Time with Elmo: 7 Button Little Sound Book (Play-a-Song Series), by Staff of Publications International

