

Wash Your Hands!

Hand Washing Tips!

Beginner: Sing the ABC song when you wash hands together.
[Tip]: Practice the alphabet, carefully singing L-M-N-O-P. The song length keeps you hand washing for a recommended time.

Intermediate: (1) After toileting, (2) When cooking or eating, (3) After touching animals, (4) Before/after you treat a cut, (5) After blowing your nose, sneezing or coughing, (6) When around vulnerable person such as a baby, elderly person or someone who is sick, (7) When cleaning, (8) After being outside.

Experienced: Talk about the science of hand washing. Introduce vocabulary words: germ, virus, bacteria, disease, healthy. Stay positive and be careful not to make your child anxious.
[Tip]: (1) Handwashing prevents 20% of diarrhea sicknesses and 30% of respiratory infections. (2) Lather soap and scrub with water friction helps to lift dirt, grease and grime. (3) Germs are easily transferred using wet hands, so dry your hands. (4) Reducing germ spread helps save lives of vulnerable people in Canada and around the world.

Why is this important? Talking about handwashing develops children’s social skills, makes them aware of behavior that promotes their health and safety.

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