

GOOD HYGIENE HABITS

You Should Teach Your Kids Early



Oral Hygiene



Bathing Ritual



Hair Care



Foot Hygiene



Toileting Hygiene



Hand Hygiene



Coughing and
Sneezing Hygiene



Home Hygiene

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Hygiene isn't just about maintaining a good appearance. In fact, it is a proactive way to prevent the spread of viruses and bacteria.

Good personal hygiene habits will help your child stay healthy, ward off infectious illnesses and diseases, maintain a healthy body image and develop a healthy personality.

Children do not have the knowledge to understand what hygiene is all about. Therefore, it is the parents' duty to teach their children the importance of good hygiene habits.

When it comes to teaching children, it is better to start early with simple practices at home. Children pick up things fast and learn quickly. This will help establish good habits that will help them in their transition to school and will remain with them throughout their lives.

Here are a few good hygiene habits you can teach your kids early and reinforce with them on their countdown to the first day of school.

ORAL HYGIENE



Oral Hygiene

Good oral hygiene practices should be a part of every child's daily routine. Parents should take proper care of oral hygiene from the moment the child grows their first tooth. By cleaning a child's teeth and gums, you can help prevent a wide range of health issues, including bad breath, cavities and heart disease later in their life.

Once your child is old enough, you need to supervise the way he or she is practicing oral hygiene. You should have your child brush their teeth for at least 2 minutes twice per day. Encourage your child to clean their teeth after each meal to prevent the growth of bacteria and avoid tooth decay. Along with brushing, flossing and rinsing with mouthwash is also important.

Proper brushing and flossing is a learned skill that can only be improved with practice. It is the duty of parents to instill this important hygiene habit in children at an early age.

You should also make sure your child is not eating sugary foods in excess, which has a detrimental effect on the teeth and overall health.

If your child is not taking proper care of their teeth, bring the subject up for discussion. Take your child to a dentist starting at an early age. A dentist can help teach your child about the consequences of bad breath, symptoms of dental problems and how decaying teeth can jeopardize their appearance impact them in the future.

BATHING RITUAL



Bathing

The skin is the body's largest organ and it plays a major role in protecting the body from external elements, such as dirt, dust and bacteria.

Your very young child may or may not like to bathe, but bathing is one personal hygiene habit that you should instill in your child at a young age. Parents should always give younger children a bath, and never leave them alone in the bathroom. On days when you cannot give them a bath a sponge bath is another option.

Once your child is big enough to take a shower or bath on their own, supervise and teach them properly in the beginning until they have mastered cleansing techniques.

Have your child take a shower or take a bath daily and teach them how to clean the different areas of the body - the hands, armpits, legs, feet, groin, joints, back, belly button (navel), elbows and knees. Show them how to do it and then let them practice it.

Teach them to also pat dry their body after bathing and then apply a light moisturizer to keep skin hydrated. Have them change their underwear daily and wear clean clothes every day.

HAND HYGIENE



Hand Hygiene

When it comes to hand hygiene, hand washing is an integral skill and habit that parents should teach their children when they are young. Hand-washing is a simple activity that takes just moments to do, but this important habit decrease bacteria and other microbes and can minimize or help avoid infections and illnesses.

Washing the hands frequently can decrease illnesses in children, as it is often through the hands that harmful microbes enter the body. Improper hand hygiene is one of the main reasons behind diarrhea and gastrointestinal illnesses among children as well as adults.

As your child matures, teach them how to wash their hands thoroughly, and not just wet them under water. For younger children and babies, wipe hands with a clean washcloth.

Children should be taught to wash their hands with soap and water. After applying soap, make sure your child rubs his or her hands together to lather up for about 20 to 30 seconds, then rinse off the soap completely with clean water.

Hand-washing should be performed before and after meals, after using the washroom, after playing in the dirt or with pets, after coughing or sneezing, after being in contact with someone who is ill or when hands are visibly dirty. Hand sanitizer is also a good option, but should not be used exclusively in place of hand washing with soap and water.

FOOT HYGIENE



Foot Hygiene

Just like hand and skin hygiene, it is important to teach your child about foot hygiene. Proper foot hygiene will reduce the risk of odor, ringworm, athlete's foot and other foot infections.

Once your child grows old enough to take care of his or her feet on their own, teach them some basic tips. These tips include:

- Washing their feet daily. To clean the feet properly, teach them to scrub with soap between the toes, the soles of the feet and under the toenails.
- Teach them to use a clean cloth to wipe their feet dry, especially in between the toes. Then, apply some moisturizer to keep the feet hydrated.
- Encourage them to keep their shoes clean and dry.

Always buy socks made of or lined with cotton instead of synthetic fibers. When it comes to shoes, leather and canvas shoes are the best as they allow the feet to breathe.

TOILETING HYGIENE



Toileting Hygiene

Once your young child becomes toilet-trained, you as a parent need to focus on the habits that your child needs to learn to keep their private areas clean.

Teach your child to wipe thoroughly from front to back with toilet paper after using the bathroom and to continue wiping with fresh toilet paper until it comes out clean. Wet wipes may also be used but be careful of flushing wipes that are not able to be flushed down the toilet. Teach and remind children how to flush the toilet when finished.

It is helpful to put a sign on the bathroom wall under the toilet paper roll to remind your child what he or she needs to do after using the bathroom.

Have children wash their hands each time they use the bathroom. These healthy habits will help minimize irritation and keep infections at bay.

Above all, have patience while teaching your child about toileting hygiene, as many children have trouble mastering these habits.

COUGHING AND SNEEZING HYGIENE



Coughing and Sneezing Hygiene

As soon as your child is old enough, it is important for parents to teach him or her about coughing and sneezing etiquette. These simple techniques are important for infection-control to help decrease the spread of illness.

Teach children to cover their mouth and face while coughing or sneezing using a tissue. If a tissue is not readily available teach them to cough or sneeze into their shirt sleeve. This can help prevent spreading germs to others. Remember "Cover Your Cough"!

It is helpful to demonstrate what to do when you cough or sneeze yourself. You may have to demonstrate the techniques a few times until your child masters them.

Teach your child how to wipe a runny nose and blow their nose gently into a tissue when it's blocked, which can make breathing easier. Have your child throw the tissue in the garbage after use and wash his or her hands after sneezing or coughing.

Remind your child to keep their fingers out of their nose. For babies and very young kids, nose delving is simply exploration and should be discouraged as soon as possible.

HOME HYGIENE



Home Hygiene

In addition to personal hygiene, it is important to teach children about maintaining home hygiene when they are at home and to carry their skills to school.

Keeping one's home and surrounding area clean is a healthy habit that all should follow, including children. This is an important step toward a clean and healthy society.

- Teach children to keep their belongings, such as toys and books, in their specific places.
- Teach children not to leave trash or other objects in and around the home as well as public places. Waste products should be thrown in the garbage only.
- Have them put their used bowl or plate in the sink after having a meal.
- Encourage them to put dirty clothes in the laundry bag and wear clean clothes.
- Discourage children from eating off the floor. This is especially important if there are pets in the house. No '5 second' rule!

HAIR HYGIENE



Hair Care

Take good care of your child's hair to help them enjoy healthy and strong hair now and in the future. Poor hair care in children can cause problems like cradle cap, head lice, dandruff and other scalp infections.

For young children, it is important to wash their hair two or three times per week to keep it free from dirt and grease. Avoid washing their hair too frequently as it can dry out young scalps, making them more prone to dandruff.

When washing your baby's hair, use appropriate shampoo designed for babies. Take precautions to prevent the shampoo from coming in contact with the eyes. Along with shampooing, comb your baby's hair two or three times a day to keep it tangle-free. Use a wide-toothed comb or a soft-bristle brush. For older children, have them comb their hair twice daily on their own. Encourage them to keep their hair properly tied or braided.

Teach your child never to share personal objects like combs, pillows and hats. Teach them to avoid head-to-head contact with other kids to help control the spread of lice.

Once your kid enters puberty, their hair may become greasy and it may be necessary to shampoo their hair every day or every other day.

Please keep a spare change of clothing in your child's backpack (in a Zip-Lock bag) in the event of a bathroom accident or water/drink/food spill. Children are much more comfortable in their own clothes and having them can make an uncomfortable or embarrassing situation easier. Also, this will avoid you having to come to the school with a change of clothing!

If you have any questions or need
more information, please contact Mrs.
Forrest!