

WEEK 4: HYGIENE SKILLS



TAKE A PEEK!

WASH YOUR
HANDS BIN
- 1

FOUR SQUARES
- 2

TOY TEETH BRUSHING
- 3

POM POM JAR
CHALLENGE
- 4

WHY LEARN HYGIENE SKILLS?

Personal hygiene skills are important because they help kids stay healthy and feel good about themselves.

THINGS TO TALK ABOUT:

- Washing your hands regularly (talk about all of the reasons you'd wash your hands)
- Toileting and cleaning private parts properly.
- Brushing teeth twice and flossing (depending on ages)
- Showering and/or bathing regularly and drying yourself off.
- Blowing nose properly and coughing/sneezing into your elbow.

SUPPLIES

- Sensory bin
- Soap pump
- Barbie dolls or Baby dolls
- Water
- Towel
- Dollar store toy animals
- Bubble bath
- Toothbrushes
- Roll of toilet paper
- Plastic or glass jar
- Pom poms (a handful or two)

ACTIVITY #2 FOUR SQUARES

Talk about wiping and what parts to wipe and how many pieces of toilet paper to take (usually 4 sheets). Also how to replace the TP roll:

Have one child (plus an adult), go to the bathroom and count 4 squares of toilet paper and tear them off. Then have that child go hide the TP squares in the house. Other kids go find them. Repeat so everyone has a chance to practice counting and ripping.

ACTIVITY #4 POM POM JAR CHALLENGE

Select a hygiene skill your child needs to work on- brushing teeth 2xs per day, remembering to shower, remembering to flush the toilet, replacing the TP roll, etc.

Each time they do that skill, they earn a pom pom into a jar. Once the jar is filled, they can go and do a special activity with you. This is a positive way to remind kids to work on building good hygiene habits!

ACTIVITY #1 WASH YOUR HANDS BIN

Talk about when to wash your hands: 1) When hands look dirty 2) Before eating or preparing food 3) After touching raw meats, including chicken and beef 4) After touching any body fluids like blood, urine or vomit 5) After touching animals 6) After blowing their nose, sneezing or coughing 7) After going to the toilet, etc.

Fill a sensory bin with water. Add a soap pump in too and some Barbies or Baby dolls. Practice pumping soap and washing the doll's hands in a playful way. Use a towel to dry hands. [See it in action HERE.](#)

ACTIVITY #3 TOY TEETH BRUSHING

Fill up a bathroom sink with bubble bath and water. Add toy animals to the bubble bath and let kids use toothbrushes to scrub the animal's teeth. This is a fun way to practice holding a toothbrush and get kids comfortable with them and make positive associations.

COOL RESOURCES

BOOKS

[I Don't Want to Wash My Hands](#) by Tony Ross

[The Pigeon Needs a Bath](#) by Mo Willems

MOVIES

** Adults please review all movies before showing them to your kids to decide what is appropriate for your fami.

[Germs](#)- Sid the Science Kid

[How Germs Spread for Kids](#)

[Daniel Tiger Teeth Brushing.](#)

[Daniel Tiger Bathtime Bubbles](#)