



HELLO PARENTS,

Good personal hygiene habits – washing hands often, brushing teeth daily, taking regular baths or showers - are important skills that children can start learning very early in life. These habits help children stay healthy, keep infectious diseases away, and make children feel good about themselves. In this newsletter, you will find games, activities, and experiments that can help your children get excited about personal hygiene and encourage them to take care of themselves.

ACTIVITIES

INFANTS (3 - 18 MONTHS)

DIAPER-TIME FUN

- Take advantage of the time you spend changing your baby's diaper.
- Sing to your baby as you change their diaper.
- Tickle your baby's toes, rub their belly, cuddle and smile.
- Give them a quick massage after changing their diaper.
- Make sure to wash yours and your baby's hands after diapering – remember that good hygiene habits start early in life.
- Make diapering an enjoyable time for you and your baby.

Find more activities for diapering time [here](#).

TODDLERS (19 MONTHS – 2.5 YEARS)

HAND WASHING

MATERIALS:

- Hand soap
- Water

DIRECTIONS:

- Tell your child why it is important to wash hands. You can say, "we wash with soap and water to get rid of dirt and germs that could make us sick." Talk about when to wash hands: before and after eating, after using the bathroom, blowing their nose, or playing outside.
- Wash hands together to model proper hand washing to your child: have them turn on the water, wet hands, get some soap on their hands, and rub their hands together making sure they rub front and back of their hands and in between fingers.
- Sing "Happy Birthday" or another song to make sure you wash for at least 20 seconds.
- When done, rinse your hands and dry them with a towel. Applaud your child's effort.

[Click here](#) for a hand-washing song (with lyrics) written by a Canadian doctor.

For more fun hand washing activities for children [click here](#).

PRESCHOOLERS (2.5 – 5 YEARS)

MAKING TOOTHPASTE

MATERIALS:

- 4 tsp baking soda
- 1 tsp salt
- Water
- 1 tsp flavouring (optional: mint, orange)
- A spoon and a bowl

DIRECTIONS:

- Have your child measure each ingredient and put them in a bowl.
- Mix them together with a spoon.
- Slowly add water to the mixture until it turns into paste.
- Have your child scoop a small amount of the paste onto a toothbrush and brush their teeth with it.
- Show your child how to properly brush their teeth.

You can find tooth brushing songs for children [here](#).

JK/SK (4 – 6 YEARS)

DOCTOR'S OFFICE

MATERIALS:

- A box with first aid supplies: bandages, band aids, craft sticks for tongue depressors, an empty ball point pen for pretend syringe, etc.
- A blanket

DIRECTIONS:

- Take turns with your child acting as a doctor or a patient.
- Pretend to check each others' body parts (teeth, heart, knees, etc.).
- Discuss with your child why it is important to see a doctor regularly. Talk about a heartbeat and what it is, show your child how to check a pulse on one's wrists or neck, talk about dental hygiene, etc.

Watch children visiting a doctor's office [here](#).

SCHOOL-AGERS (6 – 12 YEARS)

SNEEZING FACE PUPPET

MATERIALS:

- A paper plate
- A sheet of paper
- Pencils, markers, scissors, tape or a stapler
- A tissue

DIRECTIONS:

- Draw a sneezing face on a paper plate.
- Trace your hand onto a piece of paper and cut it out.
- Staple or tape a tissue to the hand.
- Staple the hand to the edge of the paper plate so that the tissue covers the nose and mouth.
- Pull back the hand and then cover the mouth and nose as the paper plate character "sneezes".
- This activity reminds the children of the importance of covering their mouth when they sneeze.

Learn more about personal hygiene in [this video](#).

WE WOULD LIKE TO HEAR FROM YOU!

PLEASE, SEND US YOUR FEEDBACK, COMMENTS OR SUGGESTIONS TO CHILDCAREMAIN@NCCE1.ORG



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

EVERYDAY PERSONAL HYGIENE:

- Brush teeth twice a day.
- Wash hands before and after eating, after using bathroom, blowing nose or playing outside, etc.
- Cover your mouth with your elbow when you cough or sneeze.
- Have regular baths or showers.
- Trim your nails.
- Keep your surroundings clean.