

## Health & Wellness (Children) Week #1: Hygiene



What is personal hygiene? Personal hygiene are things we do everyday, probably even several times a day to our bodies healthy and clean. Some examples of these things are bathing, brushing teeth, and washing hands. We come into contact with dirt/dust which carry germs that can get us sick. To prevent us from getting sick we practice personal hygiene habits. That is why this is so important. Let's look at some of these hygiene habits:

### **Food Hygiene:**

We should always wash out hands before we eat or touch food. We want to make sure that we are eating safe foods meaning that they have followed food safety guidelines such as keeping foods at the correct temperature, not cross contaminating, and cover food with a lid and storing the properly when we are done (I grown-up should know about these so be sure to ask questions when you get to help out in the kitchen so you can learn them too!). If we have unhealthy food hygiene habits it can make us get food poisoning which means we will have tummy pains, vomiting, and/or diarrhea.

### **Hand Hygiene:**

#### **Germ Farm**



This is an important one. You should be washing your hands frequently throughout each days. After using the toilet, after playing outside, after cleaning the house/doing your chores, after sneezing/coughing/blowing your nose, after touching animals like your pets, after visiting someone sick/returning from the hospital/nursing home, and before eating or touching food are all examples of when you should wash your hands.

### **Teeth Hygiene:**

Starting around age six, you will start to loose your baby teeth and grow in adult teeth so it is especially important that we take care of those teeth. To brush your teeth, you'll need a pea-sized amount of toothpaste on your brush. Be sure to brush all your teeth for 2 whole minutes. Spit out the toothpaste and wash your mouth out with water. Flossing after helps further build healthy habits and increases the quality of care you give to your teeth. Make sure to floss the back too. You should be brushing your teeth twice a day and visiting the

dentist every six months. This helps keep bacteria at bay so we can prevent cavities which can cause us to become sick if they go untreated.

**Body Hygiene:**

Children should shower or take a bath regularly. You want to make sure you wash all parts of your body including under your arms, behind your ears, and your genital area. You should be dry when you get dressed. This will help keep your body clean and germ free.

**Cloth and Shoe Hygiene:**

You should wear fresh, clean clothes everyday. Clean underwear is especially important so you don't get infections. Our dirty clothes should go in the laundry basket so that they can be washed clean and germ free. When they are clean, they should be hung up or put in your dresser. Make sure your shoes fit you properly and they are not too worn. Sometimes shoes can be washed in the washing machine too, but ask your parent first.