

# Child Hygiene Checklist

By Laura Cooper Peterson

- ☐ Hygiene
  - ☐ Start working with your children when they're young.
  - ☐ Create healthy hygiene routines.
  - ☐ Keep the idea of pursuing cleanliness fun.
  - ☐ Point out that illness and poor hygiene habits go hand in hand.
  - ☐ Check supply stores for games for teaching personal hygiene.
  - ☐ Provide positive reinforcement.
  - ☐ Teach children about bacteria using picture books.
- ☐ Bath Time
  - ☐ Make baths fun.
  - ☐ When you give a young kid a bath, put toys in the tub.
  - ☐ Make sure your children wash their faces, necks and bottoms throughout the day.
  - ☐ Children with normal skin who are active can bathe daily.
  - ☐ Children with dry skin might bath every one-to-two days.
  - ☐ If children are playing outside baths should be daily.
  - ☐ Make a bath a ritual at certain times during the week.
  - ☐ Plan something enjoyable after the bath.
  - ☐ Use bath and hygiene products designed especially for kids.
- ☐ Hand Washing
  - ☐ Keep your children nails clean and trimmed.
  - ☐ Make sure they wash their hands with soap.
  - ☐ Teach kids to wash their hands for at least 15 seconds.
  - ☐ Use the foam pump hand soap.
  - ☐ Try hand soap in the shape of animals.
  - ☐ If using hand sanitizers, closely supervise.
- ☐ Dental Care
  - ☐ Make sure your children are screened by a dentist by age one.
  - ☐ Teach your young child how to brush her teeth.
  - ☐ Ensure they brush their teeth properly three times a day.
  - ☐ Use kid friendly colorful toothpaste.