

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.