Child Hygiene Checklist

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# Tasks:

☐ **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 theeth properly three times a day.**

☐ **Use kid friendly colorful toothpaste.**