

# 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.