

Hand Washing Matters At Home, Too!

A MESSAGE TO THE FAMILY: Getting children to wash properly at school is only half the goal. Washing at home is just as important, not only for them, but for your family's too! **HERE'S HOW....**

TOP TIP!

Once kids know how & when to wash their hands, make it a ritual they won't forget by posting signs to help them remember. Most importantly parents need to lead by example by washing regularly and modelling this important behaviour.

HAND WASHING FOR KIDS

- Liquid & foam soaps are easier than bar soap for small hands to use. It spreads and lathers quickly with simple rubbing & water, to help kids do the job right. It's more fun too!
- Hands should be washed for at least **20 seconds**. Why not sing-a-long-with-soapy to make sure your children do spend 20 seconds washing: (To the tune of incy wincy spider)

ALL OUR HANDS ARE DIRTY WHAT CAN WE DO

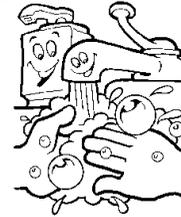
WE'RE OFF TO THE BATHROOM, COME ALONG TOO

LET'S CLEAN OUR HANDS AND WASH THE GERMS AWAY

BECAUSE WE DON'T WANT TO BE POORLY, NO NOT TODAY

HAND WASHING
Washing hands properly can help reduce the spread of germs that can cause illness.

1 Soap + Water



2 Bubble Up and Rub



3 Rinse



4 Dry



Bookmark to cut out

WASH YOUR HANDS

1. After using the bathroom
2. Before eating
3. Before, during and after helping in the kitchen
4. After coming in from being outside
5. After sneezing, coughing or blowing your nose
6. After taking out the rubbish
7. After playing with pets



Wash your hands and tell the germs to **BUG OFF!!**