

PERSONAL HYGIENE FOR CHILDREN

Keeping clean isn't only important to ensuring your child stays healthy. Good personal hygiene also helps boost your child's self-esteem and confidence.

THE IMPORTANCE OF TEACHING YOUR CHILD GOOD HYGIENE HABITS

Everyone needs to keep clean to kill germs and avoid getting sick. Good personal hygiene also boosts confidence by dealing with problems such as bad breath or body odour.

The basics of good personal hygiene for children are:

- washing hands
- covering their mouth when they cough
- having regular baths or showers
- brushing and flossing teeth

You may have to help your child practise good personal hygiene habits. These will become even more important as they grow older and approach puberty.

WASHING HANDS

Most germs are spread through hand contact. Regularly washing hands will prevent your child — and others — from getting sick.

Encourage your child to wash their hands with soap and water:

- when their hands look dirty
- before eating or touching food
- after touching raw meats such as chicken or beef
- after touching any body fluids such as blood, urine or vomit

- after touching animals
- after blowing their nose, sneezing or coughing
- after going to the toilet

SHOWERING AND BATHING

Children need regular baths or showers. You could encourage a bath or shower at the end of the day as part of a bedtime routine.

Make sure your child washes all of their body, including under their arms and their genital and anal areas, and that their body is thoroughly dry before they get dressed.

CLOTHES AND SHOES

Children need clean clothes every day, even if their old clothes don't smell. Clean underwear every day is especially important.

They (or you if they are too young) can hang up their school uniform to air when they get home each day.