The Importance of Hand Washing

Keeping Hands Clean = Keeping Kids Healthy

Handwashing might seem simple, but it's one of the most effective ways to keep kids healthy—especially during the school year when germs spread quickly. Teaching children to wash their hands regularly helps protect their health and the health of those around them.

Modeling Matters

One of the best ways to encourage your child to wash their hands is to wash your own! When children see adults regularly washing their hands, it becomes a habit they naturally pick up. Parents and caregivers can support this habit by making handwashing part of the daily routine and talking positively about it.

When talking to young children, keep it simple and fun. Try saying, "We wash our hands to wash away germs that can make us sick!"

Handwashing 101: 5 Easy Steps for Kids

1. Wet Your Hands: Use warm or cool water to completely wet your hands.
2. Apply Soap: Use enough soap to cover both hands. Kids love foamy or good-smelling soap—make it fun!
3. Scrub Thoroughly: Scrub everywhere—between fingers, under nails, backs of hands—for 20 seconds. Singing "Happy Birthday" twice is a fun timer.
4. Rinse Well: Rinse hands under clean, running water until all soap is gone.
5. Dry Hands: Use a clean paper towel or a hand dryer.

When Should Kids Wash Their Hands?

- Before eating
- After using the bathroom
- After blowing their nose or coughing
- After playing outside
- After touching pets or animals

Little Reminders Go a Long Way!

- Keep step-by-step visuals near sinks
- Use fun songs or games while scrubbing
- Offer praise and encouragement for good handwashing habits

BHC Tip: Turn handwashing into a daily habit by tying it to routines like brushing teeth, snack time, or bedtime. With encouragement and consistency, your child will become a handwashing pro in no time!

GUIDE TO WASHING YOUR HANDS
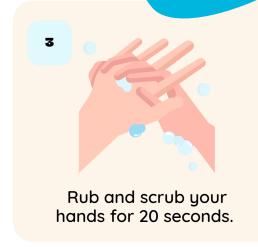
Follow these steps!

1

Wet your hands with clean water.

2

Lather your hands with soap.

3

Rub and scrub your hands for 20 seconds.

4

Rinse well under clean water.

5

Dry hands with a clean towel.

STOP

DID YOU

WASH YOUR HANDS?