

BUILDING HEALTHY HYGIENE HABITS WITH YOUR CHILD

Every child is different when it comes to making hygiene routines. All kids should play and move to stay healthy, but this can make keeping good hygiene harder. Some children may sweat more and may need to bathe more often. As your child grows up and goes through body changes, they will need to take care of their own hygiene. As a parent you can help them understand their body.

It is important to teach your child how to keep hygiene habits from a young age. Teaching your child about hygiene may take time. Building morning and nightly routines will help your children keep this healthy habit as they grow older.

How may hygiene affect my child at school?

Good hygiene can help your child's mental and physical health. If your child does not keep good hygiene, they may get sick and miss school. Your child will miss important class time if they are absent, even if you have a doctor's note. Sometimes poor hygiene can lead to bullying. Your child may have low self-esteem and may not want to go to school.

What can I do at home to make sure my child keeps good hygiene?

- Teach your child how to wash their body with soap. Help them understand how to focus on their underarms and areas covered by underwear when they are bathing. Help them figure out when is the best time for them to bathe or shower (at night, in the morning, after sweating).
- Have your child wear a fresh pair of underwear, clothes, and socks every day. For younger children, you can send an extra pair of clothes to school in case there is a bathroom accident.
- Before and after every meal, tell your child to wash their hands. They should also brush their teeth when they wake up in the morning and before they go to sleep at night.
- Talk to your child about body changes. Puberty can cause children to sweat and smell more. If you have daughter, you should talk to her about her period. You can teach your child to wear deodorant and tell them they may need to shower more often.