

HRL PARENT WORKSHOP: HYGIENE AND BODY CHANGES

Workshop Developer:

Children's Health Fund

Workshop Description:

This workshop will teach about the importance of good hygiene and understanding puberty and body changes

Key Points (knowledge to be gained):

1. Defining good hygiene
2. Having good hygiene
3. Understanding puberty and body changes

Short Term Objectives (actions to be completed during the workshop):

1. Parents will learn how they can help their children have good hygiene as well as help their children understand puberty and body changes

Long Term Objectives (longer-term actions that we're aiming toward):

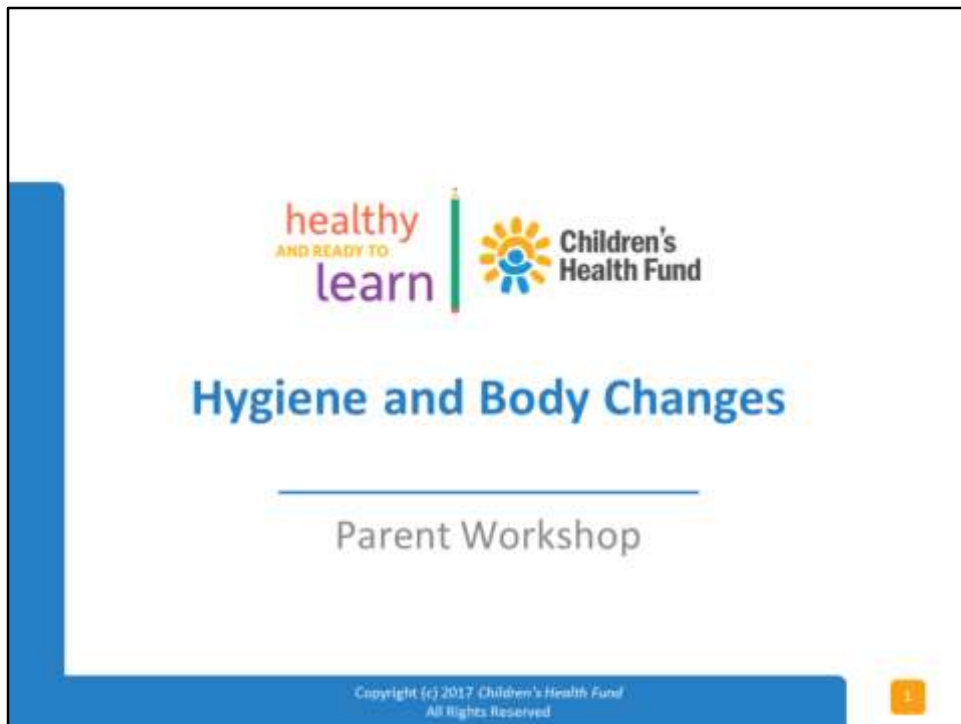
1. Children will practice good hygiene

Materials:

1. Presentation
2. Post-Workshop Surveys
3. Hygiene Quiz Game handouts
4. Healthy B.A.S.I.C.S- Body Changes Answer Sheet (1 copy for facilitator)

Workshop Lesson Plan: See presentation for additional facilitator information/notes

Timing	Slide	Actions	Material Needed
1 min	Slide 1	Introduce topic	
6 mins	Slide 4	Play the attendance video	
2 mins	Slide 13	Allow participants 1 min to give answers to the question. Choose 1-3 participants to share their ideas	
10 mins	Slide 18	Activity: Handout quiz. We are going to play a game to test everyone knowledge about hygiene. Knowing the answers to these questions can help you have conversations with your children about hygiene.	
10 mins	Slide 21	Review the answers to the game	
2 mins	Slide 23	Summarize main points from lesson the presentation	
4 mins	Administer post-workshop surveys.	Ask participants to complete the back side of the survey they received at the start of the workshop. Collect the surveys from all participants.	Post Surveys



Facilitator Notes: Introduce the topic. “Today we will be discussing Hygiene and Body Changes.”

Note: For any slide that does not have facilitator notes please read the information on the slide. Feel free to add information if you feel comfortable.

Thinking Question

- What does it mean to have **good hygiene**?

Today's Takeaways

- **Defining good hygiene.** Good hygiene is how we stay healthy.
- **Having good hygiene.** Everyone has bacteria on and in their bodies that can make them smell bad. Let's learn how to take care of our bodies.
- **Understanding puberty and body changes.** As children get older their bodies change. Parents can help children understand these changes.

Facilitator Notes: In this session we will... (read through the takeaways) Click for each bullet point

Defining Good Hygiene

Good hygiene:

- A way to stay healthy.
- Paying attention to body changes, smells and sweat.
- Helps get rid of germs that may smell
- Helps your child feel good about himself or herself.



Good Hygiene Habits

- Washing their hands.
- Sneezing or coughing into their arm.
- Washing their hair.
- Brushing and flossing their teeth .
- Bathing or showering.
- Using deodorant.
- Washing clothes and changing bedding.



Facilitator Notes: State this before clicking for the bullets. “There are many ways that you can help your child have good hygiene.” Click for each bullet point. “For the next several slide we are going to talk more in depth about each of these so that you can help your child have good hygiene.”

Washing Your Hands

- Hand washing reduces germs.
- Good hand washing means using water **and** soap, scrubbing and rinsing.
- **When to wash hands:**
 - AFTER
 - Petting animals, Playing outside or with toys, Touching the telephone or computer, Sneezing or blowing your nose, Using the bathroom
 - BEFORE
 - Eating



Facilitator Notes: “Your child should watch their hands anytime they touch something that could have germs on them. Especially if they are going touch their food, mouth, eyes or nose.”




Facilitator Notes: “Here is an image that you and your child can recreate and post in the bathrooms at your home.” Click for circle. “Remember to teach your children to count to 20 or say their ABCs while they are washing their hands.”

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Sneezing or Coughing into Your Arm

Which of the following do you think is **correct**?

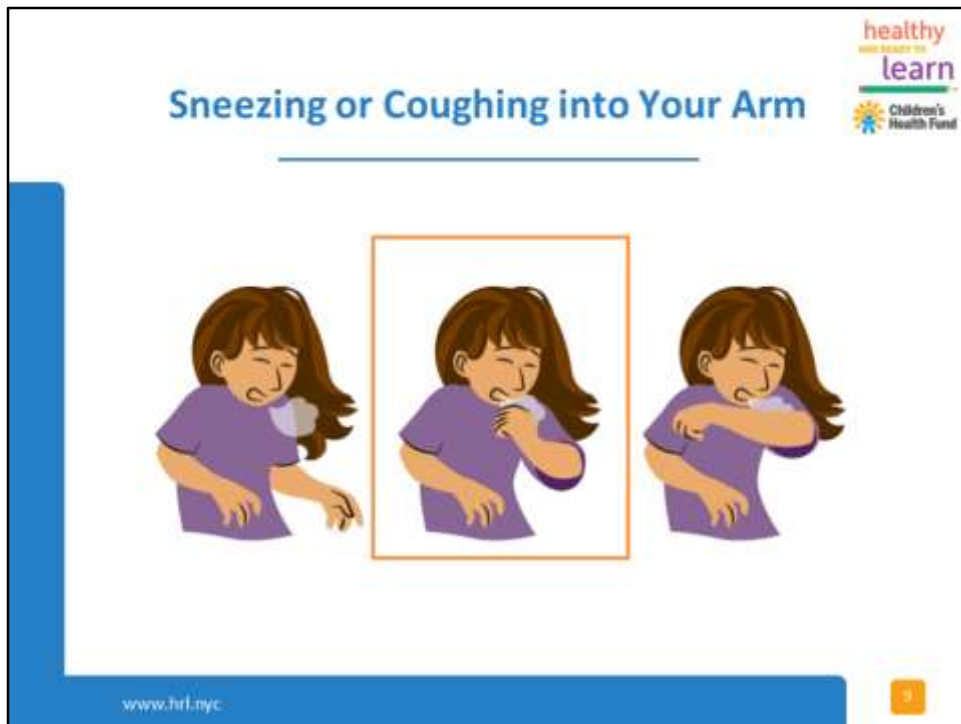


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The image shows a slide from a presentation. At the top right is the logo for 'healthy AND READY TO learn Children's Health Fund'. The main title is 'Sneezing or Coughing into Your Arm'. Below the title is a question: 'Which of the following do you think is correct?'. There are three illustrations of a young girl with brown hair, wearing a purple shirt, sneezing or coughing into her arm. The first illustration on the left is enclosed in an orange rectangular border, indicating it is the correct answer. The second illustration in the middle shows her coughing into her elbow. The third illustration on the right shows her sneezing into her elbow. At the bottom left of the slide is the website 'www.hrf.nyc' and at the bottom right is a small orange square icon.

Facilitator Notes: Ask the question and then click for animation. "Is this correct." Wait for responses then move to the next side.

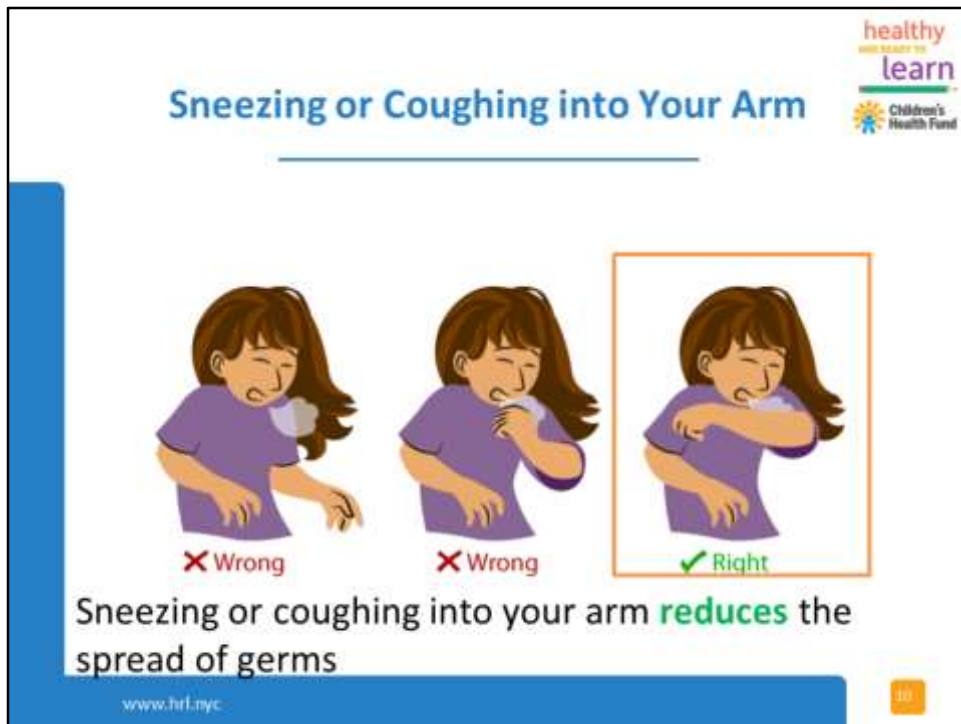
Image:http://mumpsproject.weebly.com/uploads/3/9/3/6/39363465/2250952_or_ig.gif



Facilitator Notes: "Is this correct." Wait for responses then move to the next slide.

Image:

http://mumpsproject.weebly.com/uploads/3/9/3/6/39363465/2250952_orig.gif




Facilitator Notes: “What about this? Is this the correct way to cover your cough/sneeze?” Click for answers and then click for additional note. “Remember good hygiene is about staying healthy. Teaching your children to cover their nose and mouth can teach them to help keep other people healthy.”

Image:

http://mumpsproject.weebly.com/uploads/3/9/3/6/39363465/2250952_orig.gif

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Washing your Hair



Wash your child's hair with **shampoo** and **water**

How often should you wash your child's hair?

There is no simple answer to this question.

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11

Facilitator Notes: Click for question... Ask the audience the question on the slide. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 participants to share their ideas. After you click for the answer to the question mention that you can smell your child's hair or feels it to see if it smells/ feel dirty or greasy.

Image:https://upload.wikimedia.org/wikipedia/commons/7/7f/Hair_wash_with_shampoo.jpg

Brushing and Flossing Your Teeth

Brushing and flossing teeth regularly:

- Helps your child chew food, talk clearly and smile brightly.
- Prevent holes in your child's teeth and bleeding in their gums.
- Prevents pain in their mouth.



Facilitator Notes: “Brush teeth, gums and tongue with a pea-sized amount of fluoride toothpaste.” (emphasize that they only need a pea-sized amount of tooth paste for children and adults). “Floss between teeth to remove food bits. Brush at least two times a day and after eating sticky foods. Floss at least once a day.”

Bathing and Showering

- If possible, have your child shower or bathe at least once **everyday**
- Wash with **soap** and **water**
 - Except when washing private parts, **ONLY** use water
 - Wash **whole body** (wash the extra sweaty parts at least twice)
- Use **deodorant**

Facilitator Notes: “If you have children that do not like taking baths or showers, try small rewards, such as extra play time.”

There may be questions about the bullet point encouraging children to not use soap when washing their private parts. Mention that soap effects the bodies nature cleaning system. Using soap on your private parts can cause irritation.

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Thinking Question

True or **False**. Using deodorant will stop your child from sweating?

False. Deodorant helps control odor. NOT sweat.

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13

Facilitator Notes: Ask the audience the question on the slide. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 participants to share their ideas.

Click for answer. "Sweat starts to become body odor around the ages of nine or ten. Note that if your child has sensitive skin, he or she may need to use unscented deodorant or deodorant

Source: <http://www.healthline.com/health-slideshow/hygiene-habits-kids#7>

Washing Clothes and Changing Bedding

- Washing clothes and bedding regularly removes bacteria.
- Washing clothes everyday or after every wear may not be possible:
 - Hand wash underwear/underclothes and hang dry
 - Have children take off school clothes as soon as they get home and hang them to air out
 - Keep clothes away from cigarette smoke

Facilitator Notes: After first two bullet points state “Here are some tips for keeping clothes clean longer”. Click for next three bullet points. Also mention “The general rule is to change bed sheets weekly, wash pants and shirts when they are stained or after 2-3 wears, and wash underwear daily.”

Source:

<http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=289&id=2146#2>

Helping Your Child Understand Puberty and Body Changes



- It happens to everybody!
- Puberty is the process of growing from a child to an adult.
- Usually begins between 9 and 16 years old.
- Hormones control body changes.



Helping Your Child Understand Puberty and Body Changes

Boys and Girls	Boys	Girls
Pubic and armpit hair grows	Voice changes	Breast and hips grow
Sweat more	Facial hair grows	Menstruation
Height and weight changes		
Mood changes		

Facilitator Notes: “Here are some examples of body changes that happen when kids go through puberty.”

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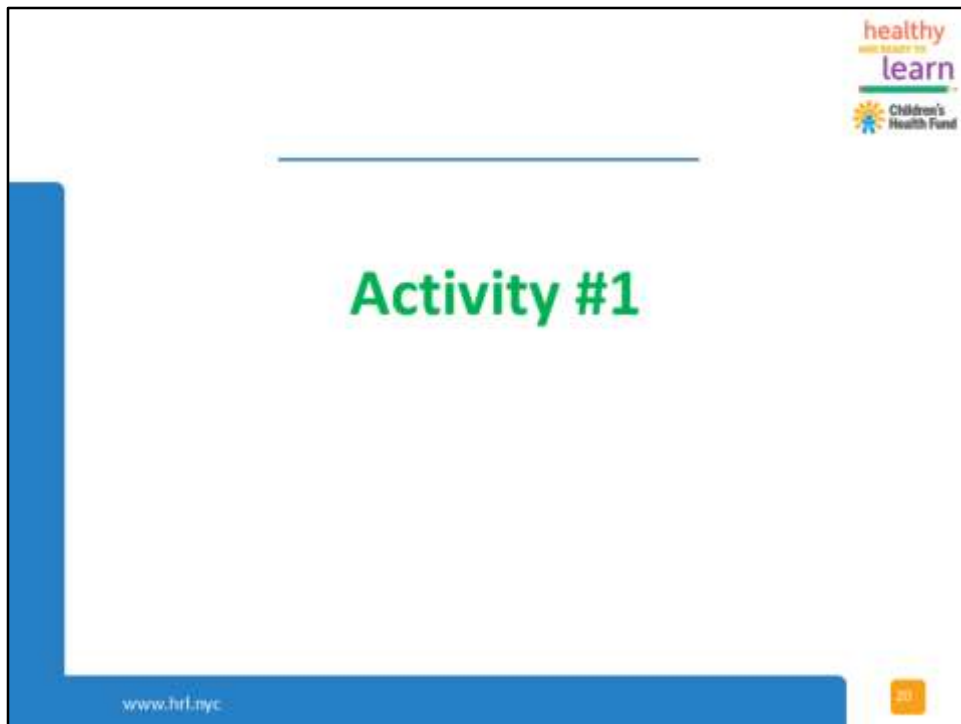
Thinking Question

Why it is best to talk to your children about puberty **before** their body starts to change?

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19

Facilitator Notes: Ask the audience the question on the slide. Allow participants 1 min to give answers to the question. Feel free to let the participants shout out their answers or if this is a quiet group call on 1-3 participants to share their ideas.



Facilitator Notes: Handout quiz. “We are going to play a game to test everyone knowledge about hygiene. Knowing the answers to these questions can help you have conversations with your children about hygiene.” Allow participants 5 mins to answer the questions on their handout.

Hygiene Quiz Game Review

- 1) Mouthwash is better to use than brushing your teeth. **False**
- 2) Squeezing pimples helps them go away. **False**
- 3) Flossing teeth is only for people who cannot brush their teeth. **False**
- 4) Feeling sad, confused and angry can be due to normal changes. **True**
- 5) Puberty starts at age 13 and is over by 14. **False**

Facilitator Notes: Review the answers using the Healthy B.A.S.I.C.S.- Body Changes Answer Sheet. Encourage participants to take notes.

Hygiene Quiz Game Review

- 6) One breast may grow bigger and more quickly than the other breast. **True.**
- 7) Muscle aches often happen from growing and stretching. **True.**
- 8) Every girl should get a period. **True.**
- 9) A “cracking” voice is a normal sign of puberty in a boy. **True.**
- 10) It is only necessary to bathe/shower when one feels dirty. **False.**
- 11) Staying clean helps one to stay healthy. **True.**



Facilitator Notes: Review the answers using the Healthy B.A.S.I.C.S.- Body Changes Answer Sheet. Encourage participants to take notes.

Today's Takeaways

- **Defining good hygiene.** Good hygiene is how we stay healthy.
- **Having good hygiene.** Everyone has bacteria on and in their bodies that can make them smell bad. Let's learn how to take care of our bodies.
- **Understanding puberty and body changes.** As children get older their bodies change. Parents can help children understand these changes.

Facilitator Notes: Summarize lesson's main points. Click for bullet points.

Questions?



Thank You!



If you would like to see other hygiene and body changes resources or find information on additional **Health Barriers to Learning**, please visit the **Healthy and Ready to Learn Resource and Training Center** at www.hrl.nyc





Hygiene Quiz Game

- 1) Mouthwash is better to use than brushing your teeth. _____
- 2) Squeezing pimples helps them go away. _____
- 3) Flossing your teeth is only for people who cannot brush their teeth. _____
- 4) Feeling sad, confused and angry can be due to normal changes. _____
- 5) Puberty starts at age 13 and is over by 14. _____
- 6) For girls. One breast may grow bigger and more quickly than the other breast. _____
- 7) Muscle aches often happen from growing and stretching.

- 8) Every girl should get a period. _____
- 9) A “cracking” voice is a normal sign of puberty in a boy. _____
- 10) It is only necessary to bathe/shower when you feels dirty.

- 11) Staying clean helps you to stay healthy. _____



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Healthy B.A.S.I.C.S. — Body Changes Answer Sheet

- 1. Mouthwash is better to use than brushing your teeth. False**
Mouthwash is used only to clean the breath. The best way to clean your teeth and mouth is to brush and floss at least twice a day.
- 2. Deodorant stops people from sweating. False**
Deodorant helps control odor only. Anti-perspirant helps stop sweating.
- 3. Squeezing pimples helps them go away. False**
Pimples, or acne, come from an increase in oil in the skin and hormone changes during puberty. Washing the face controls oils and helps the skin heal. Squeezing or "popping" pimples can cause scars, especially for dark skinned people.
- 4. Flossing teeth is only for people who can't brush their teeth. False**
The use of dental floss twice a day is recommended for everyone. Flossing helps remove food bits from between teeth and keeps gums strong.
- 5. Feeling sad, confused and angry can be due to normal changes. True**
Mood swings are normal, especially for teens going through puberty. Feeling confused and having questions is common. Talking with a parent or trusting adult can help answer questions.
- 6. Puberty in girls and boys starts at age 13 and is over by 14. False**
Typically, girls and boys go through puberty and body changes between ages 9-14.
- 7. (GIRLS) One breast may grow quicker and bigger than the other breast. True**
Sometimes one breast may develop faster than the other, but by adulthood breasts are usually equal in size.
(BOYS) Muscle aches usually happen from growing and stretching. True
"Growing pains" can happen in muscles all over the body during puberty. Talk with a health care provider to make sure the pains are from growing.
- 8. (GIRLS) Every girl should get her period (menstrual cycle). True**
Every girl will get her monthly period some time during puberty. Any girl who reaches 14–15 years old and has never started her monthly period should have a check-up with a health care provider.
(BOYS) A "cracking" voice is a normal sign of puberty in a boy. True
A boy's voice will sometimes "crack" as his body changes during puberty. This will disappear as his voice becomes deeper.
- 9. It is only necessary to bathe when one feels dirty. False**
Good hygiene means using soap and water to clean away dirt, dead skin cells, germs and body odor. Bathing once a day is recommended.
- 10. Staying clean helps to stay healthy. True**
Some germs make people sick. Washing hands after playing, going to the bathroom and before eating is the best way to stop germs from spreading.

REFERENCE: Neinstein, L. (1996). *Adolescent Health Care: A Practical Guide* (3rd edition). Baltimore, MD: Williams & Wilkins.

WORKSHOP SURVEY

Thank you for taking part in our workshop! We would like your help in understanding how to improve the workshop, how much you learned, and if you think that you will apply what you learned in your work and life. Please take a few minutes to fill the following survey. Honest feedback is welcome!

1) What was the best part of the workshop?

2) What did you LIKE LEAST about the workshop?

3) How would you improve the workshop?

4) Please circle the number that best represents your knowledge and skills before and after this training:

What it means to have good hygiene

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

Understanding puberty and body changes

BEFORE THE WORKSHOP					AFTER THE WORKSHOP				
Very Low	Low	Medium	High	Very high	Very Low	Low	Medium	High	Very high
1	2	3	4	5	1	2	3	4	5

5) How likely are you to use the knowledge and skills that you learned in the workshop? (Please circle)

Not likely at all	Not likely	Neutral	Likely	Very likely
1	2	3	4	5

6) What challenges do you think you will have in using what you learned?

7) Any other feedback?

HYGIENE AND BODY IMAGE PARENT NEWSLETTER

BUILDING HEALTHY HABITS

HYGIENE AND BODY CHANGES

Good hygiene: Paying attention to body changes, smells and sweat.

Puberty is the process of growing from a child to an adult. Usually begins between age 9 and 16 years old.

Talk to your child before these body changes happen to prepare them.

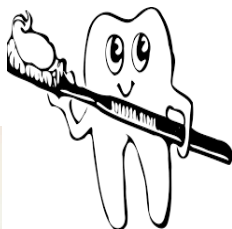
GOOD HYGIENE PRACTICES



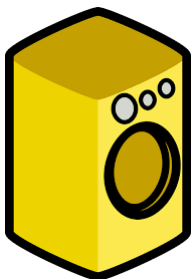
Hand washing



Washing you hair



Brushing and
Flossing



Washing clothes



Showering/Bathing

COOKING CORNER



Fruit Parfait

Ingredients

- 1 large banana, sliced
- 1/2 cup fresh strawberries, sliced
- 1/2 cup pineapple, chopped
- 2 cups nonfat vanilla yogurt
- 1/2 cup granola cereal
- 4 fresh strawberries (to garnish)

Directions:

1. Toss fruits in a bowl and toss gently.
2. Into each parfait dish, layer 1/4 of fruit mixture, 1 tablespoon granola, 1/4 cup yogurt, 1/4 cup fruit mixture, 1/4 cup yogurt, 1 tablespoon granola
3. Then garnish with a strawberry.

SECRETS FOR SUCCESS

Read to succeed! Reading skills are important for high school and college success. Coming to school every day helps your child practice.