

Hand Washing



Overview

Hand washing has never been more important than during the current climate. Good hygiene practices are always important and can be made into fun activities for children of all ages.

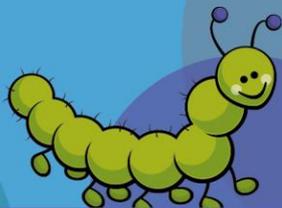
Role modelling and talking about what you are doing will also help support children's understanding of good hygiene practices.

Hand washing technique

- Wet your hands under warm running water. Always ensure you check the water temperature before your child puts their hands under it.
- Apply a small amount of antibacterial liquid soap.
- Rub your hands together vigorously. Make sure you apply soap and water to all surfaces of your hands for at least 20 seconds and up to one minute. Make sure you rub your palms, the backs of your hands, between your fingers, your fingertips, thumbs and wrists and your nails.
- Rinse your hands under running water.
- Dry your hands thoroughly.
- Turn the tap off using a paper towel or your elbow, to avoid recontaminating your hands, if you are in a public place.

Wash hands together. Washing hands when your child washes theirs sends a stronger message than just telling them that they should do it.

Make hand washing a regular part of toileting, meal times, preparing food, nappy changing, and so on. This will help everyone remember because it will become second nature.



Hand gel

If you are unable to access a sink please use one or two squirts of hand gel, rub into both hands fully and allow to air dry.

Hand washing chart

Why not create a chart to record each time your child has washed their hands, much like younger children would have a potty/toilet chart. This is fun and a simple way to praise hand washing throughout each day and week.

Our Harry the Hippo hand washing chart can be found **here [link to be added]**.

When to wash hands

You should encourage your child to wash hands:

- After toileting
- Before and after eating
- After blowing their nose, coughing or sneezing
- After playing outside
- After play activities
- After petting any animals
- Before going to bed

Other resources

There are lots of online resources available which show best practice videos on how to wash your hands such as the NHS website.

Additionally, a number of books introduce good hygiene practices in a fun illustrative way:

- Germs are not for Sharing.
- Wash, Wash, Wash.
- A Germ's Journey.
- What are Germs?