



SCRUB-A-DUB-DUB! WASH YOUR HANDS!



Wash, wash, wash your hands
 Get them nice and clean
 Wash them on top
 Wash them on bottom and fingers in between

Handwashing helps prevent the spread of germs that cause illness. Repeat the message often. Encourage children to develop this healthy habit. Model handwashing every time and make it fun!

INFANTS AND TODDLERS

- Help infants and young toddlers explore their hands. Games such as “pat-a-cake” develop hand-eye coordination. Fingerplays delight toddlers over and over again. Try: *The Itsy Bitsy Spider*, *Open-Shut Them*, and *Where is Thumbkin?*
- Toddlers can finger paint on a table top, tray or cookie sheet. Help young artists scribble with their fingertips or move their hands and arms in big circular motions.
- Older toddlers take pleasure in flattening play dough with a rolling pin. Cut hand shapes using cookie cutters or make a hand print in the play dough and cut around it with a plastic play knife.
- Post a handwashing poster. Talk about each step. Do the steps together. Scrub-a-dub! Watch the bubbles go down the drain. Even little hands can throw a used paper towel away.

PRESCHOOLERS

- Let children dot the backs of their hands with washable markers. The dots represent dirt and germs. The more marks, the better! Have children wash their hands with soap and water, scrubbing for 20 seconds. Wash wrists, under nails and between fingers. They can check for “germs” with a magnifying glass. Who has the cleanest hands?
- How long is 20 seconds? Involve children in choosing or creating a “handwashing song.” Using a timer, sing the song together for exactly 20 seconds while washing. Then rinse. Try a new song each month. Fa la la!
- Take a picture of one child doing a messy activity. Next, photograph the child washing his/her messy hands. Do this with several children. In an album, arrange the photos with the child doing an activity followed by the picture of the child handwashing. Before and after! Together, add words to tell the story. Read *The Handwashing Book* often!



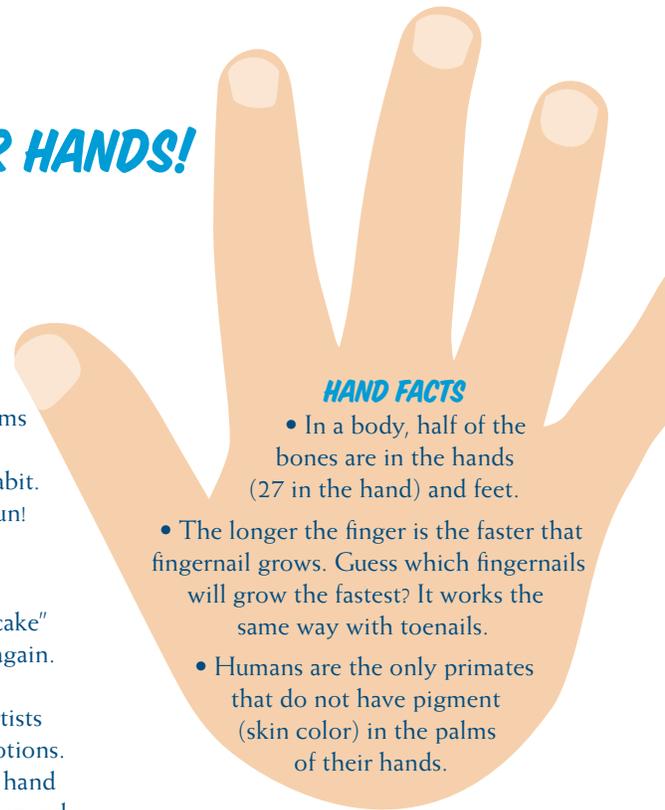
WHY DOES HANDWASHING WORK?

People spread germs if they have not washed them off their hands.

- Touching eyes, nose, or mouth gives germs an easy route into the body.
- Touching objects, food, and each other passes the germs along to others.

Handwashing prevents the spread of infections such as diarrhea, flu, and pink eye.

1. Turn on the water and wet hands. - *Running water washes germs away.*
Warm water is more comfortable.
2. Use soap. - *Soap lifts dirt and germs from the skin.*
3. Scrub for 20 seconds. - *Removes more germs. Scrub both sides of hands, wrist, between fingers, and under fingernails.*
4. Rinse for 10 seconds under running water. - *Sends germs down the drain.*
5. Dry hands. - *Keeps the hands from getting chapped.*
6. Turn off the water with a paper towel and discard the towel. - *Prevents contamination from germs on the faucet.*



HAND FACTS

- In a body, half of the bones are in the hands (27 in the hand) and feet.
- The longer the finger is the faster that fingernail grows. Guess which fingernails will grow the fastest? It works the same way with toenails.
- Humans are the only primates that do not have pigment (skin color) in the palms of their hands.



Children's Books on Handwashing

Clean Hands, Dirty Hands
 (Sing and Read: Healthy Habits)
 by Jo Cleland 2012



Germs Are Not for Sharing
 by Elizabeth Verdick 2006



Hands Can
 by Cheryl Willis Hudson 2007



Show Jo How to Wash Your Hands
 by Charlie Buckley 2007



Infant/Toddler



Preschool – School-age

References:

Center for Disease Control and Prevention. *Show Me the Science - How to Wash Your Hands*. Retrieved March 17, 2014 from www.cdc.gov/handwashing/show-me-the-science-handwashing.html.

Kids Health. *Why is Handwashing So Important*. Retrieved February 17, 2014 from http://kidshealth.org/parent/general/sick/hand_washing.html