

## Helpful Tips to Encourage Handwashing

Handwashing is an easy way to prevent the spread of germs and keep your family healthy. We teach the importance of handwashing and practice throughout the day at school, but we encourage you to continue this healthy habit at home.

Remind your child to wash his hands throughout the day, but especially after using the bathroom, before meals, after playing outdoors and after blowing his nose. Below are a few helpful tips for keeping those little hands clean.



### **1. Make handwashing accessible.**

Children love showing their independence. Ensure that your child can reach the sink, soap and hand towel. If not, provide him with a step stool. He'll be more likely to want to wash his hands if he can do it himself.

### **2. Sing songs to encourage appropriate amount of time washing**

The CDC recommends scrubbing your hands for at least 20 seconds. Sing a song to pass the time. Some favorites include "The ABCs," "The Wheels on the Bus," "Happy Birthday" and "Baby Shark."

### **3. Allow your child to choose their favorite soap**

Another way to make handwashing fun is to allow your child to pick the antibacterial soap. It could be his favorite color or have his favorite cartoon character on the packaging.

### **4. Post reminders near the sink**

Encourage your child to help you create a poster with words and pictures detailing the steps for handwashing. Place it near the sink where he can see.

### **5. Reinforce good behavior**

Children pick up new habits when positively reinforced. After he washes his hands, praise him for his good behavior and reward him with a sticker, stamp or other small trinket.