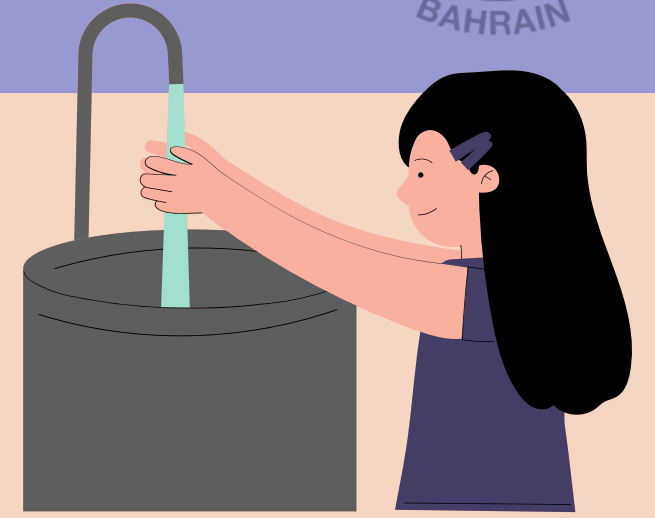


PERSONAL HYGIENE

Have you ever noticed how good you feel when you get all your children cleaned up and put them on fresh, clean clothes? There is a reason for that good feeling. The body performs better when it is clean and healthy. Good personal hygiene should include clean skin and care of the mouth, teeth, hair, ears, hands, feet and nails.



HANDS

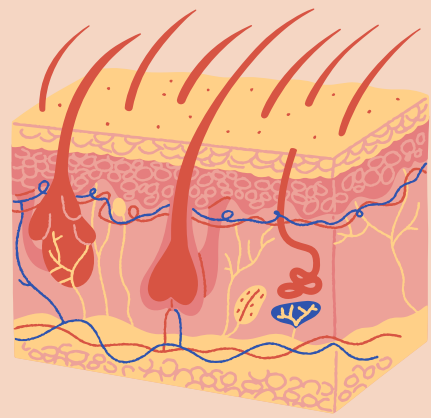


Ask your children to wash their hands often:

- after using the toilet.
- after coughing, sneezing or blowing their nose.
- before meals or handling food.
- after touching blood or any body fluid.

For washing hands, teach them how to lather up with soap for 20 seconds, the amount of time needed to sing the alphabet song. Then, ask them to rinse well with running water. The longer they wash, the more germs will be washed away. If soap is not available, an alcohol-based hand sanitizer may be used. People who are allergic to soaps and detergents may use cleansing creams. But creams do not remove oils and dirt as well as soap and water. If someone is allergic to soap, ask your doctor for suggestions.

SKIN



The skin plays an important part in helping the body work properly. It:

- protects the tissue and organs inside the body.
- allows the person to feel (touch, pain, itching).
- lets the body absorb vitamin D, which is needed for strong, healthy bones.
- acts like a filter for the body. The skin is the body's "armor." It keeps bacteria (germs) from getting into the body through the skin.
- regulates body temperature. When you are hot, you perspire (sweat) through the pores in your skin. The sweat evaporates and cools your body. When you are cold, the skin tightens (contracts) and raises "goose bumps" to shut out the cold.

WASHING



The skin cannot do its job if it is dirty. Dirt, oils, sweat and bacteria need to be removed from the skin's surface. The best way to clean your children's skin is to wash them with mild soap and rinse well with warm water.

Clean their ears only when bathing. When done, use a towel to dab the ears dry. Do not put anything, such as cotton swabs, inside their ears.

SPECIAL AREAS



Some areas of the body need special attention. Odors can build up:

- under the arms.
- between the legs.
- between the toes.

This is because bacteria get trapped in the oil and dirt on the surface of the skin. These germs can lead to body odor.

You can avoid your children's bad odors by frequently bathing and using a deodorant or antiperspirant every day. Wearing clean socks, underwear and clothes can also help.

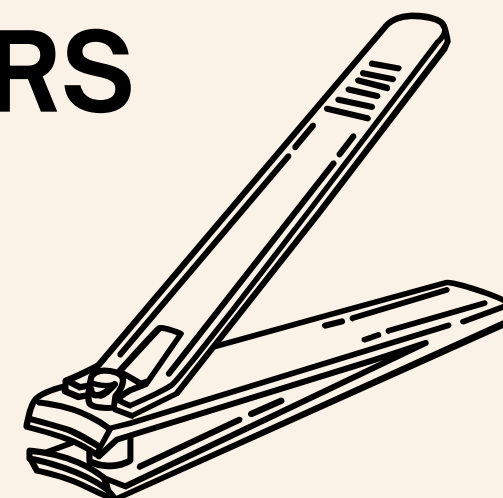


SAVE THAT SMILE



Regular cleaning of the teeth and mouth helps prevent tooth decay and gum disease. Let your child use a soft-bristle toothbrush and fluoride toothpaste after meals and at bedtime. Dental floss should also be used daily to keep plaque from forming and to keep the gums healthy. Plaque is a layer of harmful bacteria on the teeth that causes cavities.

NAILS, FINGERS AND TOES



It is important to keep children's fingernails and toenails clean and trimmed properly. Bath time is usually best for trimming and cleaning under the nails. Trim your child's fingernails in a curved shape. Toenails should be cut straight across to prevent painful, ingrown toenails. All of these tips are helpful in keeping your child's body clean and their feeling and looking their best!

Never share what touches your hair

Washing your child's hair 1 to 2 times a week is usually often enough, unless their hair is very oily. Then you may need to wash it more often. If you use mousse, styling gel or hair spray, you may find you need to wash your child's hair more often. Be sure to use only the child's own brush and comb. Sharing brushes can spread germs or head lice.



HYGIENE IS TWO THIRDS OF HEALTH

