



## Hand Washing



**Clean hands can help keep your preschooler from getting sick.  
Teach your child when and how to wash their hands.**

Hands should be washed . . .

◆ before eating.

◆ after playing with pets.

◆ after sneezing or coughing into hands.



◆ after blowing your nose.

◆ after using the bathroom.



***Can you think of other times you should wash your hands?***



**Make hand washing fun!**

1. Use warm water to moisten hands.
2. Apply soap and rub vigorously.
3. Rub and scrub at least 20 – 30 seconds. *Sing “Twinkle, Twinkle Little Star” or “ABC (Alphabet) Song” with your child to make sure they learn to wash long enough.*
4. Be sure to wash back of the hands, wrists, under nails and between fingers.
5. Rinse hands under warm running water.
6. Dry hands with a clean towel.

### **Graham Cracker Sandwich**

1. Spread a thin layer of peanut butter on graham cracker.
2. Top peanut butter with slices of fruit (banana, peach, pear) or raisins.
3. Top with another graham cracker.