



Hand Hygiene

Hand washing is an important goal that can be targeted at home during remote learning. Like all new skills, proper hand washing is a skill that can be taught to your child so they learn to minimize the spread of germs. This handout will help guide you to achieve this goal!

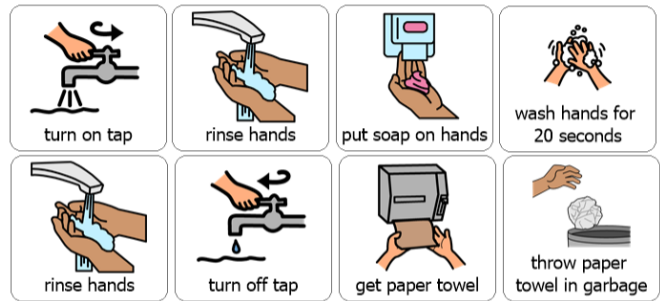


Before You Begin

- Can your child wash their hands properly or tolerate having their hands washed by an adult?
- Can your child sanitize their hands correctly when asked?
- Can your child tolerate the smell and texture of hand sanitizer?
- Can your child understand why they wash their hands and be willing to wash multiple times/day?
- Can your child sneeze into their sleeve/elbow/tissue?
- Can your child wash their hands after sneezing, or putting hands on their face/nose?

Break it Down!

Hand washing and sanitizing seem like simple tasks, but can each be broken down into smaller, teachable steps. Providing a picture for each of these steps can be a helpful to guide your child. Determine if your child can do all of these steps by themselves, or if they need help with some, or even all of the steps.



Fun Activity!

Put paint on your child's hands and tell them to wash them. This helps the child see if their hands are clean or not when washing. Tell them to keep going until the paint is gone!

- Step 1:** Show your child first how to wash their hands properly. You can show them yourself, or show them a video.
- Step 2:** Ask your child to try by saying, "Your turn!" and guide them to the sink (if needed).
- Step 3:** Provide prompts to your child (for all steps or the steps you know they are missing from the sequence) so that they complete all the steps correctly.
- Step 4:** Praise your child and give them a favourite toy/activity for a few minutes as a reward.
- Step 5:** Practice a number of times each day at times when the child would be required to wash their hands at school (e.g. entering the house, before and after eating, after touching face, after sneezing, etc).
- Step 6:** Gradually reduce any help (prompts) you give your child so that they learn to wash by themselves!

Types of Prompts to Help my Child

- Full physical: Fully guide child's hand with yours
- Partial physical: Guide child's elbow/wrist
- Model: Show child by demonstrating for them
- Gesture: Point to the item for step (e.g. point to paper towel)
- Visual: child washes hands only using the task strip (see resources)

Reduce Type of Prompt

Resources

- Hand Washing Task Strip
- Hand Washing Song-Beginner
- Hand Washing Video Model
- Hand Washing Social Narrative