

Teaching Healthy Habits – Make Them Fun

HANDWASHING

- Infants and toddlers need your help with nose wiping and handwashing and to turn their heads away from you if they cough while you're holding them.
- Infants can be cradled and hands held under running water in the sink.
- A child too heavy to hold and unable to stand can have their hands washed using wipes or a damp paper towel moistened with soap and then rinsed.
- A child who can stand can use a child-sized sink or step stool to use running water.
- Young children need coaching and observation on proper handwashing until they are about 8 years old, such as "*scrub and rub with soap, between your fingers with your fingers, on top and sides, round and round and upside down while you sing the Happy Birthday song twice*".
- Have fun by singing and showing hand play to the *Handwashing Song* (included).
- Observe older children teaching younger children how to wash their hands or cover their cough.
- Activities that make "*cough germs*" visible such as using glo-germ, chocolate pudding or glitter suspended in oil can be used on hands which touch various surfaces followed by handwashing to see if "*cough germs*" are removed. Surfaces where *germs* are left can be cleaned.



COVERING THE COUGH OR SNEEZE

- Preschoolers can be taught to cover their cough by demonstrating how to cough into the elbow or sleeve, or showing posters of coughing into the sleeve.
- Read stories like "What Should You Do When You Go Ka-Choo."
- Use a doll to demonstrate covering a cough or sneeze and sing the following song to "Mary had a Little Lamb"

*When you have to cough and sneeze, cough and sneeze, cough and sneeze,
When you have to cough and sneeze, cover you mouth, please.
When you have to cough and sneeze, cough and sneeze, cough and sneeze,
When you have to cough and sneeze, do it in your sleeve.*



- Young children will need frequent reminding and role modeling. If they cough into their hand or tissue they should be directed to wash their hands.

SCHOOL-AGE ACTIVITIES

- Draw messages - draw posters, placemats, or cards to parents to promote handwashing and cough etiquette that emphasize the following:
 - Cover Your Cough or Sneeze with a Tissue or Sleeve
 - Wash Hands Before Eating and After Toileting
 - Clean Frequently Touched Surfaces-Talk about what surfaces that might need cleaning
 - Discuss where to place the messages
- Make up a rap or song using all or some of the Whack the Flu message.
 - W** Wash your hands often.
 - H** Home is where to stay when you are sick.
 - A** Avoid touching your eyes, nose, and mouth.
 - C** Cover your coughs and sneezes
 - K** Keep your distance from people who are coughing or sneezing.
- Hands carry germs that can spread disease. Demonstrate ways to say "Hi" without touching hands. How many ideas can you come with?
- Handwashing - complete word search puzzle, and other games from Henry the Hand. www.henrythehand.com.

For more information check the City of Berkeley Public Health Website www.cityofberkeley.info/publichealth or call the **Public Health Nurse of the Day line** during business hours **(510) 981-5300** for information or referrals to health care providers, vaccinations, or applying for Medi-Cal.