

Handwashing Home Program: Foundational Skills

This home program is to help your child learn how to wash hands independently.



What to do at Home: Model the skill of handwashing to your child. Let them see how to correctly wash hands.

Handwashing Steps:

1. Wet Hands
2. Apply Soap
3. Wash Hands
 - Wash for at least 30 seconds. Try singing "Happy Birthday" or the "ABCs" to pass the time!
4. Rinse Hands
5. Dry

BBD Tip: Handwashing is an essential skill that can be taught at an early age. It teaches children about health and keeping away germs. Handwashing also works on the skill of imitating others.

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You can help your child during:

Mealtime:

- Take turns washing hands before dinner
 - Model the skill to your child first
 - Then let them practice by themselves
 - Correct any steps as needed

Bathtime:

- Engage in water play while in the bath
 - Throw Legos into the bath
 - Put a colored bath bomb into the tub
 - ShapeShapePurchase pool noodles at the dollar store. Cut into 1" pieces. Let your child see how they float

Build Your Skills:

Make handwashing fun!

1. List three of your child's favorite plastic toys

2. Put the toys into a bowl of jello or pudding
3. Let your child practice washing the toys with soap and water
4. Lay out on a towel to dry

Tips and Tricks:

- Use fun soaps to engage your child!
 - Ex. colored soap, foam soap, soaps with characters on the bottle
- Read different materials on handwashing with your child
 - Ex. social story, book from library