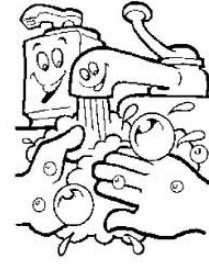


Scrub a Dub Dub, Washing My Hands!

Washing her own hands helps your child:

- Become independent
- Develop healthy routines



Ideas to try with your child:

- Provide a step-stool to help her reach the sink.
- Offer liquid soap and show her how to use just one pump of soap.
- Demonstrate how to: rub hands together, wash top of hands, wash wrist areas and wash in between fingers. Then show how to completely rinse hands.
- Suggest washing hands for as long as it takes to sing the *ABC Song* (about 20 seconds)
- Provide a dry, clean towel (or paper towel) and encourage her to dry hands completely.

If your child is struggling:

- Sing a simple rhyme while washing hands together:

(Sung to the tune of *Here We Go 'Round the Mulberry Bush*)

This is the way we wash our hands,
Wash our hands, wash our hands.

This is the way we wash our hands
to scrub the germs away.

This is the way we use the soap,
use the soap, use the soap.

This is the way we use the soap,
To scrub the germs away.

Going further:

- Remember to always wash hands before eating, after using the bathroom, after playing outside and after touching animals.
- For further information and ideas, please visit:
http://kidshealth.org/parent/general/sick/hand_washing.html



The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children's best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children Ages 3-4 years** that parents can help improve at home.

Adapted from *WA State Early Learning and Development Guidelines, 2012*: "Wash hands and use a towel to dry them." *Growing Up Healthy, Ages-3-4 years*, pg. 61