

## Taking Care of My Body: Ages 4-5

### Teaching personal hygiene habits to your child will help her learn to:

- Develop good self-care habits for a lifetime
- Become confident in the ability to manage physical needs
- Live a healthy life



### Ideas to try with your child:

- Develop routines for when and how hair and teeth are brushed, hands are washed, and when to bathe. Help your child stick to a schedule.
- Keep hygiene supplies in the same place, teaching your child how to use them and put them away. Soon he will be able to memorize the routine and do tasks independently.
- Allow your child enough time to take care of important tasks. Set a timer for how long to brush teeth; sing the ABC song while washing hands before meals and after toileting.

### If your child is struggling:

- Break the job into simple steps, one-at-a-time, stated in a positive way.
- Take turns showing each other “how” to do the routine. If your child forgets a step, say, “Look, do this,” and show how to do the step. Gently guide your child to be successful.

### Going further:

- Have your child choose a toothbrush or toothpaste he wants to use.
- Take your child for regular dental and medical checkups, including immunizations. Explain how these check-ups help keep us healthy.

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 4-5** that parents can help improve at home.



Adapted from *WA State Early Learning and Development Guidelines, 2012*: “Decide, with a few prompts from adults, when to carry out self-help tasks.” *Growing Up Healthy, Ages 4-5*, pg. 75