

Hand Washing: Ages 5-Kindergarten

Practicing good hand washing will:

- Fight off germs and help your child stay healthy
- Give your child a sense of independence
- Teach your child how to take care of his own body

Ideas to try with your child:

- Set a routine for hand washing: choose a set number of soap pumps and a hand washing song to make sure your child is scrubbing with the soap long enough before rinsing. Try the ABC song or Twinkle Twinkle Little Star.
- Make sure your child understands that his hands need to be completely dry after washing.
- While you are in public places, decide on a set number of paper towels to be used.



If your child is struggling:

- Have your child teach you how to wash your hands.
- Do something fun where you have to get your hands dirty and then wash them. For example, try finger painting or pudding painting.
- Post a hand washing routine.

Going further:

- Check out books from the library about germs and hand washing.
- Put glitter, flour, or sugar on your child's hand and have them go about playing. Later in the day, look for all the places the glitter has gone. This helps children realize how far germs can spread if they don't wash their hands.

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 of Kindergarten age** that parents can help improve at home.



Adapted from *WA State Early Learning and Development Guidelines, 2012*: "Use practices to be safe and healthy" & "Understand the importance of taking care of self and growing strong." *Growing Up Healthy, Ages 5-Kindergarten*, pg. 91

Example of Hand Washing Routine

	Washing hands
	Water on
	Hands wet
	Rub hands with soap
	Rinse
	Water off
	Dry