

Keepin' Clean



In class recently, we talked about some important reasons to keep our bodies clean:

- Keep us and those around us from getting sick.
- Help prevent or eliminate body odors.
- Keep our teeth healthy and our breath fresh.
- Take good care of our skin, hair, and nails.
- Make us feel confident.
- Set a good example for others.



We discussed how to keep four parts of the body clean and healthy. Help your child as needed to develop these good habits for body care.

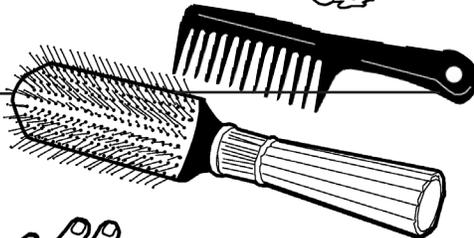
Skin

- Wash hands often.
- Take baths or showers.
- Be “sun” safe.



Hair

- Wash hair.
- Brush hair.



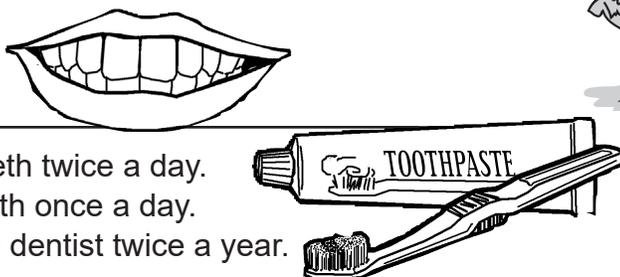
Nails

- Wash with soap and water.
- Use a special nail brush.
- Trim nails with adult help.



Teeth

- Brush teeth twice a day.
- Floss teeth once a day.
- Go to the dentist twice a year.



Take Care of Skin by Being Sun Safe

Help your child stay safe from the effects of the sun's rays. Use these ideas from the American Cancer Society.

- “Slop” on sunscreen with a SPF of 15 or higher 30 minutes before going out in the sun and reapply it often.



- “Slip” on clothing that covers the skin, such as a long-sleeved shirt and pants.



- “Slap” on a wide-brimmed hat to cover the head, face, neck and ears.



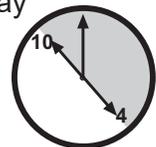
- “Wrap” on sunglasses with 99–100% UV absorption.



- Seek shade.



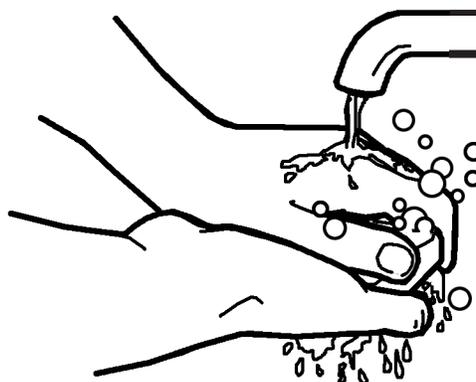
- Avoid the midday sun: 10:00 am to 4:00 pm.



Wash Those Hands!

The hands are the most important part of our skin to keep clean because they can pick up and spread so many germs. Help your child remember and practice the best way to wash hands:

- G**et your hands wet.
- E**nergetically, use soap and rub your hands together for 20 seconds.
- R**inse hands.
- M**ake sure you dry your hands.
- S**hut off the faucet.



**FAMILY
RESOURCE
SHEET**

Slowly humming or singing “Happy Birthday” during the “E” step is one good way your child can make sure he or she soaps up long enough to kill the germs.



Hand sanitizers are handy for cleaning hands if you are traveling or in a place without water. For hand sanitizers to work, you need to purchase one with at least 60% alcohol. Because of the alcohol content, this product should be used with adult supervision. It should never be left out where children can access it without an adult present.

Setting and Reaching Goals for Keepin’ Clean

In class today, your child made a plan to do one thing better or more often to keep clean. We talked about these steps that help people plan and achieve goals:

- Develop a clear goal—one you can reach.
- List steps for reaching the goal.
 - when you will act on the steps
 - any materials you will need
 - who can help
- Keep track of how you are doing and make changes if you need to.
- Evaluate whether you met the goal.

Ask your child to show you his or her goal-planning worksheet. Students will be reporting to the class next week about their progress. Help your child carry out the plan during the next week. Encourage him or her to mark a checkmark on the worksheet for each day when he or she does a step from the plan. You may want to come up with a small, fun reward to help motivate your child to keep making progress. Then celebrate when he or she achieves the goal!

You can also talk about other types of goals your child might want to set and achieve related to keeping clean or other issues. Goal setting is a great skill that will help your child throughout his or her life.

