

Washington Heights Child Care Center Presentation
Audience: 3-4 year olds
Topic: HYGIENE

Objectives of Presentation:

1. Introduce or review basics of personal hygiene. Emphasize getting ready for school - combing hair, washing face and brushing teeth.
2. Introduce the concept of communicable disease. Emphasize hand hygiene practices.

Outline:

Erin

How do you get ready for school? What do you do when you get up in the morning?

- ***Wash Your Face***
- ***Brush Your Teeth***
- ***Wear Clean Clothes***

Everyone act out washing your face. Good!

Danis

Now who wants to show us how to brush their teeth. Good! Everyone try it.

Don't forget the tongue!

Now how many time a day do you brush your teeth?

How long should you brush your teeth? 2 min "Twinkle Twinkle Little Star x4" (good grief, that's a long time)

Mom and Dad should help!

Floss daily with mom and dad's help.

Erin

What about your clothes?

Now let's put it all together!

Wash, wash, wash your face.

Brush, brush, brush your teeth.

Put on your clean clothes.

Now we look so cool.

We're ready to go to school!

Danis

Why do we get clean before school? GERMS!

What are germs? How do we share germs? How do we not get sick?

Use the "What Are Germs?" Lesson plan

Erin

Activity: Can draw an outline of person and/or house and have kids draw or circle places that carry germs

-Important areas to clean: under arms, private area, mouth

-Places in house that carry germs: kitchen, bathroom, toilet

Danis

How do we pass germs?

Have kids answer if they know
“Two Friendly Hands Story”

Erin

How do we make germs go away?

Wash our hands!

How do we wash our hands?

Soap, and scrub while you sing for 15 seconds!!

Row, Row, Row Your boat tune:

Wash, wash, wash your hands
Wash them day and night
Soap and water does the trick
It keeps them clean and bright

Wash, wash, wash your hands
Many times a day
Scrub and rub and rinse and dry
Germs will go away

When do we wash our hands?

Before meals, after using the toilet, after petting your dog, before eating, when you touch a scrape, after you cough or sneeze.

Danis

Take a bath!

Why do we take a bath? To clean the dirt and the dust and the germs that we got in touch with during the day.

Why is it important to take a bath daily? Because we meet new dust and dirt and germs every day!

Why do we use soap, water, bath sponge? Soap with water and a bath sponge makes bubble which like to stick to the dirt and the grease, and take them away from our skin, to clean our skin.

How can we have fun after (you mean “while”?) taking a bath? Learn body parts; learn water proof toy names (duck, ball, boat, doll); read waterproof books in the bath!

How can we have fun after taking a bath? learn to dress, names of the clothes

Erin

Hand Sanitizer!

Give out hand sanitizer, explain how it is used, and teach to rub in well, not to eat it!!

