



PARENT TOOLKIT

Promoting Good Hygiene



Good hygiene habits are essential for keeping children healthy, confident, and ready to learn. Here are some simple ways you can support your child in developing strong hygiene routines at home.

Handwashing

Regular handwashing is one of the best ways to prevent the spread of illness.

Teach your child to wash their hands:

- After using the toilet
- Before eating or handling food
- After coughing, sneezing, or blowing their nose
- After playing outside or with pets

Top tips:

- Encourage washing for at least **20 seconds** (sing "Happy Birthday" twice!)
- Use warm water and soap
- Show how to dry hands thoroughly

Personal Cleanliness

Help your child learn the importance of keeping their body clean.

Daily habits to encourage:

- Bathing or showering regularly
- Using deodorant from around age 8+ if needed
- Wearing clean clothes, especially socks and underwear

Dental Hygiene

Healthy teeth matter for eating, speaking, and confidence.

Remind your child to:

- Brush their teeth **twice a day** for 2 minutes
- Use a fluoride toothpaste
- Visit the dentist regularl

Coughs, Colds, and Germs

Teaching children how to manage germs helps protect everyone.

Encourage:

- Using tissues to catch coughs and sneezes
- Throwing tissues in the bin immediately
- Washing hands right after

Keeping Hair Clean

Clean hair helps prevent irritation and makes checking for headlice easier.

Tips:

- Wash hair regularly (1–3 times a week depending on hair type)
- Tie long hair back when at school

Looking After Belongings

Good hygiene includes caring for personal items.

Help your child remember:

- To bring home water bottles and lunchboxes daily so they can be cleaned
- Not to share hairbrushes, hats, or water bottles with others

Healthy Habits Start at Home

Children learn best through routine and example. Practising these habits at home helps reinforce what they learn in school.

If you would like support with hygiene resources or have any concerns, please contact the school office or your family support worker.