

Top Ten Tips for Everyday/Hygiene Routines with your Child

Routines which follow the same order and are consistent are important, especially when staying between homes or being on holiday.

Support your child to be independent throughout all everyday routines – finding times where children can try to have a go and do things themselves and ask for help if they need it.



Tooth Brushing

- Let your child choose their brush and paste - do they like minty or fruity paste? You could talk about different tastes. Allow time for children to watch adults and siblings cleaning their teeth. Where possible, you may provide a choice in the order activities are done – teeth first or get dressed first.

Hand washing

- It may be fun to make bubbles when handwashing. Supermarkets may have soap dispensers with paper towels or hand dryers. Could you talk about how it's different at home? Can you wash them for the recommended amount of time?

Hair Care

- **Hair styling** – ask your child how they would like their hair - brushed, combed or styled? Do you want any accessories - pins or ties, and any products you regularly use
- **Hair washing** – ask your child how they want their hair washed – quick or gentle

Getting Dressed

- Choosing clothes the night before reduces stress in the morning
- Dress for the weather, talk to your child about the weather – can they identify what they need?

Bath / shower Time

- Bath / shower time – will you choose a sponge or flannel? How can this time be fun? You may include stories, songs, rhymes or containers to pour and play with the water.

Personal Care

- **Nappy changes** – can your child help to bring a clean nappy and collect wipes, creams and nappy bags?
- **Toileting** – does your child want privacy or someone close by to help if they need it?

Coughs and colds

- When your child has a cold, help them to learn how to wipe their nose, cover their mouth when they cough and wash their hands afterwards. These are also good times to talk about how germs spread.

For more top tips please visit

leicestershire.gov.uk/services-for-children-aged-two-years-to-starting-school

or
scan
here

