

Healthy Living

Personal Hygiene



How do you develop children's awareness of personal hygiene?

Task

Look at your planning; does it include promoting hygiene?

Turn your role-play area into a dentist surgery, invite the community dentist in and contact Health Promotions for support and advice to share with parents.

Can you think of other themes for role-play areas to encourage a healthy approach?

What systems do you have in place to ensure that children wash their hands and understand why they need to?

- After using the toilet
- After blowing their nose
- Before snacks/meals
- After touching animals

How do you ensure that all staff (including students/visitors) demonstrate and promote positive hygiene practises?