

Hygiene Tips Your Children Should Follow At Crèche.

1. MAKE HYGIENE FUN AND EXCITING:

Kids are likely to adopt hygienic habits if they enjoy doing them, through co-curricular activities and inter-house competitions conducted in schools, the importance of hygiene can be conveyed in a fun and competitive manner.

2. HAND-WASHING IS A MUST:

Hand washing is an integral aspect of good hygiene. To eliminate contracting germs after playing outside or when in close contact with animals or someone who might be ill, it is essential to teach kids to wash their hands thoroughly and scrubbing their hands with antiseptic cleansers, especially after using the washroom.

3. GROOMING THEIR FINGERNAILS:

Fingernails are a breeding ground for bacteria. The germs that live under a child's nails are easily transferred to their eyes, nose, and mouth. Ensure that students' fingernails are clipped every week.

4. ORAL HYGIENE:

Proper brushing and flossing is a learned skill that can only be improved by practice. This type of oral hygiene needs to be instilled in students at an early age.

5. HANDKERCHIEF IS THEIR BEST FRIEND:

A handkerchief should be a child's best friend. Children should be taught to cover their mouth and face, using either a handkerchief or a tissue, while coughing and/or sneezing.

6. KEEPING TOYS IN THE PLAYROOM GERM-FREE:

A child's favourite stuffed toy or blanket may carry germs. Make sure it is washed with other toys regularly.

7. CLEANING OF CLASSROOM FURNITURE:

Regular cleaning of classroom furniture will ensure a bug-free learning and teaching environment. Classrooms must be vacuumed and mopped every day.

8. FOOT HYGIENE:

Sweaty feet, also known as athlete's foot, can cause fungal infection. Kids should use cotton-lined socks instead of synthetic fibers along with leather and canvas shoes, to allow feet to breathe.

9. DEALING WITH ILLNESS:

Children should only attend school if they are well enough to benefit and participate. This will also reduce the chance of illness spreading.

10. STOP BAD HABITS:

Remind kids of the importance of practicing good hygiene. Explain that, although germs may not be visibly present, they are still found in air particles and can make them sick.