

Teach Hand Washing Every Day!

Lather Up For Good HealthSM



Dear Head Start Teacher,

Welcome to the Softsoap[®] *Lather Up for Good Health*SM Hand Washing Education Program for Preschool! This new program was created especially for Head Start through a unique collaboration between Colgate-Palmolive's Softsoap[®] Brand Liquid Hand Soap and the public health community. It's part of a national and international program that was launched in 2000.

The materials are based upon developmentally-appropriate practices and include activities for circle time, dramatic play, pre-literacy and music. They are planned to help children discover the WHYs, WHENs and HOWs of hand washing.

Here's what you'll find inside:

- Teacher's Activity Guide
- Two-sided classroom poster
 - Side 1: *Handy says, "Wash Your Hands"*
 - Side 2: *Hand Washing Step-by-Step*
- Family Take-home:
 - A weekly hand washing log
 - *Hand Washing at Home*: a parent message with coupon

We trust you will find this program informative, entertaining and easy to implement. And above all, we hope that through this program, children will be motivated to develop good hand washing habits that will last a lifetime.

Now, take a look inside! It's time to get started!

Sincerely,

Diana K. Grina
Global Director, Personal Care
Consumer Health Programs
Colgate-Palmolive Company

Teacher's Tip

Plan a hand washing parent event to celebrate Public Health Week, April 1 to 7, 2002.

Lather Up For Good HealthSM

Hand Washing Education Program

For Head Start and
Preschool Classrooms

Components At-A-Glance

Handwashing Poster

- Side 1: Handy says, "Wash Your Hands . . ."
- Side 2: Hand Washing Step-by-Step



Teacher's Guide ▲

- Includes tips for promoting hand washing at school, along with classroom activities and parent involvement ideas.

Family Take-homes

- Weekly Hand Washing Log
- Hand Washing at Home: Parent Message with Softsoap® Coupon

Hand washing is critical for keeping you and your students healthy! In fact, according to the U.S. Centers for Disease Control and Prevention, hand washing is your best defense in preventing the spread of germs.

But hand washing in class can present challenges to you as a teacher. How can you get children excited about washing their hands? Are there any tips for making daily hand washing run more smoothly? And how can you get parents involved in your efforts to make hand washing a regular part of their children's lives?

The Softsoap® Lather Up for Good HealthSM program — featuring Handy the Octopus — is designed to help you make hand washing an easy-to-implement, natural addition to your daily classroom routines.

Ideas are presented in three sections:

- Circle/Group Time
- Tips for In-Class Hand Washing
- Working with Parents

With the basic ideas shared here, along with the engaging, colorful components found in this kit, you will have easy-to-use tools to help your children build a hand washing habit that will affect their health for the rest of their lives.

Circle/Group Time

Activity 1: This is the Way We Wash Our Hands!

Learning Outcomes:

Children will:

- learn the steps in hand washing
- begin to associate hand washing words with pictures to promote pre-literacy skills

Getting Ready:

- Hang Side 2 of the poster, *Hand Washing Step-by-Step* at your children's eye level.
- Make sure that you have liquid hand soap and paper towels at a convenient level for the children to use.

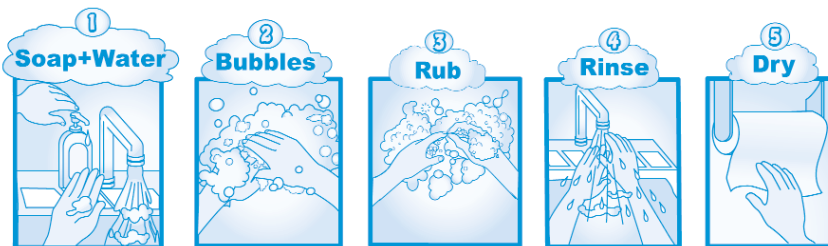
Teacher Tip

Laminate the poster to protect it from little hands!

Handy's Hand Washing Hints

This is a good activity to do right before snack time when the children are ready to wash their hands.

1. Ask the children: "How many of you washed your hands today?"
 - Why did you wash your hands? (to wash away any germs that might be on your hands)
 - What might happen if you didn't wash those germs away? (you might get sick)
 - What did you use to wash your hands? (soap + water). This is the perfect lead-in to the poster.
2. Introduce your students to Handy the Octopus on the poster. Tell them that "He's an expert on how to wash hands. Do you know why?" (He has 8 hands.) Let the children talk about what they know about octopuses and where they live.
3. Ask if someone would like to come up to the poster and show and/or tell the rest of the class how Handy tells us to wash our hands. Now, repeat the words on the poster and have children repeat them:



4. Let each child come up and describe the steps and then go wash his/her hands. Have an adult in the hand washing area to guide the children in good hand washing technique.

Activity 2: Before or After?

Reinforcing When to Wash

Learning Outcomes:

This activity will:

- engage the children in learning when they should wash their hands
- reinforce the concepts of "before" and "after" and help to promote pre-literacy skills

Getting Ready:

- Reverse the poster to side 1: Handy says, "Wash Your Hands . . ."

1. Ask the children when they wash their hands. Write down all the times the children mention.
2. Now, tell them that Handy the Octopus is here to remind them about when they should wash their hands! Invite the children to describe what they see happening in the pictures. What are the different animals doing?
3. Ask the children,
 - Are there any times that Handy says to wash your hands that aren't on our class's list?
 - What are they?
 - Did the class have any times that Handy didn't?
 - What are those times?
4. Invite children to act out the scenes in each of the hand washing illustrations. What are the things they should wash hands before doing? What about after?



Animals in the poster are washing their hands:



Activity 3: Germs, Germs Go Away!

A Classroom Game

1. Have the children sit in a big circle. Have one child volunteer to be *It* and stand in the center of the circle.
2. Give one child in the circle the “germ,” (see, “Getting Ready” at left) and have the children pass it around the circle while they chant “Germ, germ go away!”
3. When the child who is *It* says, “Handy says!”, the child that is holding the “germ” beanbag must respond, “Wash your hands!” before the child who is *It* taps them. If not, the child holding the beanbag becomes *It*, and takes his/her place in the center of the circle.

Learning Outcomes:

This activity will:

- reinforce that hand washing helps get rid of germs

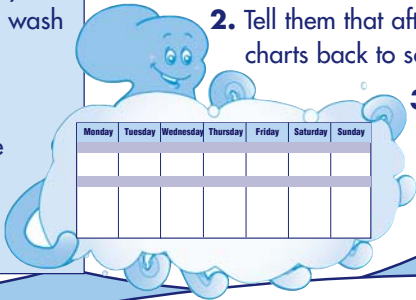
Getting Ready:

- Use a “beanbag-like” object, preferably one in a “yucky” color and have children pretend that it is a germ.

Activity 4: Handy’s Hand Washing Team

Keeping Track of Hand Washing

1. Show the children the *Hand Washing: Check it Out!* Chart. Tell them that Handy wants them to check off ✓ every time they wash their hands for one week (7 days). Using the directions on the chart, explain to the children how they mark their chart.
2. Tell them that after they have washed their hands for a week, they should bring the charts back to school.
3. Have the children put their “Hand Washing Logs” in their cubbies to take home.



Teacher Tip

When parents/caregivers come to pick up children, explain the chart and tell them when they should return it.

Learning Outcomes:

This activity will:

- help children develop the habit of hand washing by encouraging children to wash their hands for 7 days

Getting Started:

- Write each child’s name on each of the *Hand Washing: Check it Out!* Charts.

Activity 5: Giant Class Hand Washing Chart

Hand Washing: How Did We Do?

1. When the children bring in their completed Hand Washing Charts, tally up the number of times that the class washed their hands each day, and for each activity on the chart.
 - Which day did children wash their hands the most?
 - *Before* which activity did most children wash their hands?
 - *After* which activity did most children wash their hands?
2. Use the tallies to discover the times when children’s hand washing may be lacking and need reinforcement.

Learning Outcomes:

This activity will:

- reinforce when the children should wash their hands
- introduce the children to pre-math skills

Getting Started:

- Replicate the *Hand Washing: Check It Out!* Chart in a giant classroom version. Make categories for:

Before:

- Eating
- Helping to prepare food

After:

- Using the bathroom
- Sneezing, coughing or blowing your nose
- Coming in from outside

Activity 6: Hand Washing — It’s Something to Sing About!

Learning Outcomes:

This activity will:

- reinforce *why* we need to wash our hands and times *when* we should wash our hands

Sing a Song of Hand Washing

1. Excite children about hand washing with a new class hand washing song. Teach children the Handy lyrics at right, sung to the tune of *Old MacDonald Had a Farm*. The center stanza may be more difficult for the younger children in your class. It can be sung by the older children or by teachers.

Encourage the children to act out the motions!

Handy the Octopus Says to Wash

Handy the Octopus says to wash (Old MacDonald had a farm)
 Many times each day. (E-E-I-O)
 Soap and water on our hands (And on that farm he had a duck)
 Will wash those germs away. (E-E-I-O)

After bathroom time . . . (With a quack quack here)
 Before eating time . . . (and a quack quack there)
 After pets, after play . . . (here a quack, there a quack)
 Anytime we sneeze today! (everywhere a quack quack)

Soap and water on our hands (Old MacDonald had a farm)
 Will wash those germs away. (E-E-I-O)

Tips for In-Class Hand Washing

Hand washing can be messy and time-consuming with a classroom full of children. But here are some ways to make it fun and hopefully a bit easier.

- **Wash in small groups.** Rather than have all children crowd the sinks, send small groups of 3 to 4 children. Have one adult monitor children to make sure they are washing properly and for a full 20 seconds.
- **Time and Technique Count!** Allow children adequate time to rub and make lather as they wash after using the bathroom. Experts say that a minimum of 20 seconds of vigorous lathering is needed for proper hand washing. Invite children to sing the "Happy Birthday" song twice through — it takes about 20 seconds to do so. Once they learn the Handy song (see page 3), they can sing that instead!
- **Be sure to use soap!** Liquid hand soap may be easier than bar soap for small hands to use.* Monitor the availability of soap, warm water and paper towels in the bathroom.

* "Making Food Healthy and Safe for Children," Health and Resources Services Administration, US Dept. of Public Health Service, Ch 2, page 5.

Hand Washing Matters at Home, Too! Working with Parents

Getting children to wash properly at school is only half the goal. Washing at home is just as important, not only for them, but for their families, too! Here are some quick ways you can get parents involved in your hand washing efforts.

1. Present Hand Washing at a Parent Meeting

- Let parents know about your new class effort to be part of Handy's Hand Washing Team.
- Introduce the *Hand Washing: Check It Out!* Chart, and distribute a copy to each child's parent/caregiver. Point out:

Side 1: Weekly Log for parents and children to wash together

Side 2: Hand Washing instructions for families to model proper hand washing method for their children.



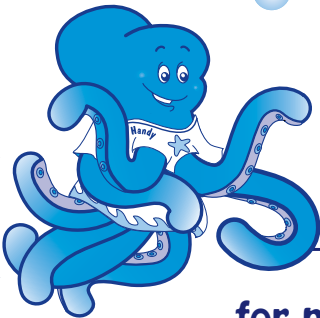
2. Family Involvement Activity: Family Hand Washing Posters

Invite children to create Hand Washing pictures as an art project. They can illustrate Handy, or perhaps draw a picture of family members washing their hands. Have parent/caregiver label the pictures, "Wash Your Hands!" and list all family members' names on the poster. Encourage families to post the artwork in a prominent spot at home.

3. Hand Washing Certificate

Now that the whole family is involved in hand washing — present them with a special commendation!

- Photocopy this *Hand Washing Certificate*, and distribute on family day or at a center Health Event.
- Encourage parents/families to post it at home for all to see!



This Hand Washing Certificate
is awarded to the family of _____

for making hand washing an important part of their day!

Date: _____

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Signed: _____

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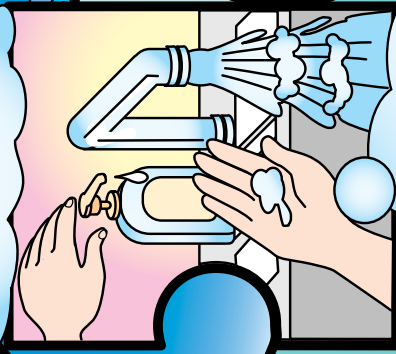
Hand Washing at Home!

A Message to the Family: Your child is learning about hand washing at school. Hand washing is an important habit that should start early so it becomes automatic as your child grows. You can help! Model proper hand washing at home using the steps below — and make hand washing part of your daily family routine!

Here's How...

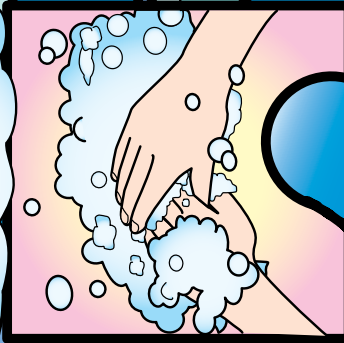
1

Wet hands under warm running water. Add soap.



2

Rub hands together to make bubbles.



3

Rub soapy bubbles all around for 20 seconds — on hands, wrists, between fingers, and under fingernails.

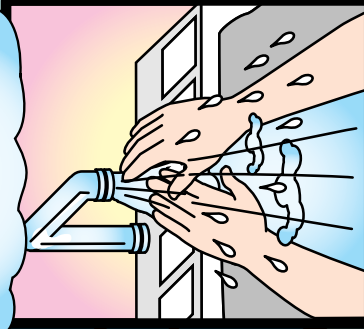


Hand Washing for Kids

- Liquid hand soap may be easier than bar soap for small hands to use.* It spreads and lathers quickly with simple rubbing and water, to help kids do the job right. It's more fun, too!
- Hands should be washed for at least 20 seconds. Make it fun by having kids time themselves — and younger brothers and sisters, too — using a watch with a second hand!

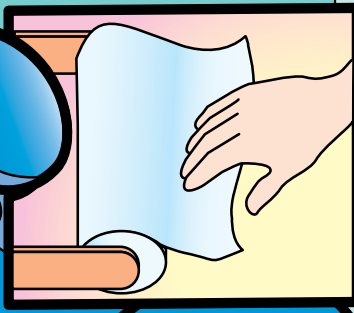
4

Rinse under warm running water.



5

Dry well with a clean towel.



Hand Washing:

It's part of the plan!

Proper hand washing can help reduce the spread of germs that can cause illness. Hand washing is an important part of a complete health program that includes a healthy diet . . . exercise . . . adequate sleep . . . and proper immunization. Check with your child's doctor to make sure immunizations are up to date!

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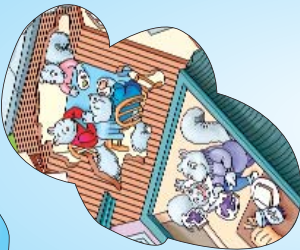
*"Making Food Healthy and Safe for Children," Health Resources and Services Administration, US Dept. of Public Health Service, Ch. 2, page 5.

Hand Washing: Check it Out!

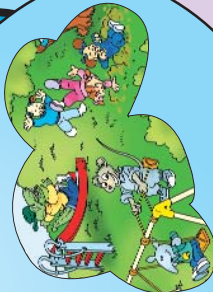
I Washed My Hands . . .



Before . . .



After . . .



In the chart below, help your child check off each time they wash their hands — **before** eating or helping in the kitchen ... and **after** using the bathroom; sneezing, coughing or blowing their nose; playing with pets or coming in from the outside. Hang it by the sink and see just how many times your child washes his/her hands in a single week!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Before			
			After			

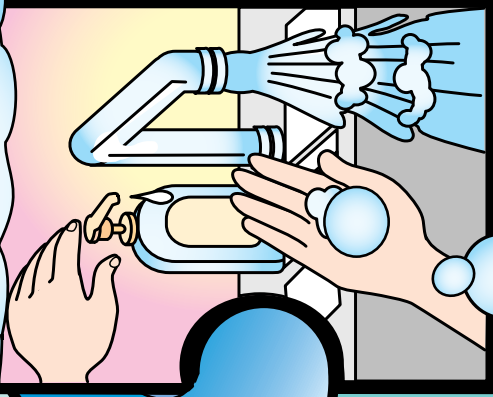
JMH Education Marketing, Inc., New York, NY

Hand Washing

Step-by-Step

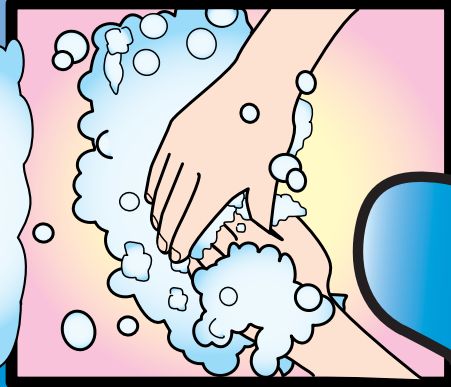
1

Soap + Water



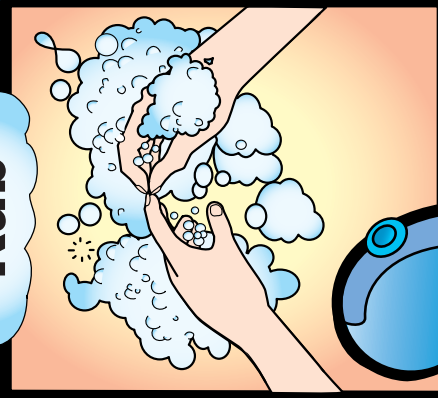
2

Bubbles



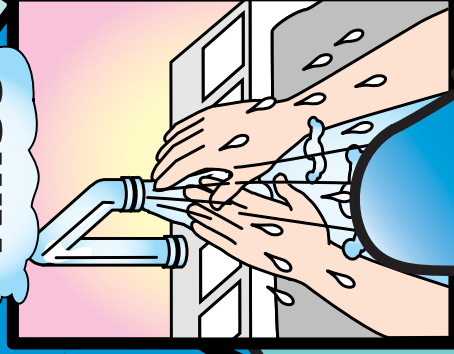
3

Rub



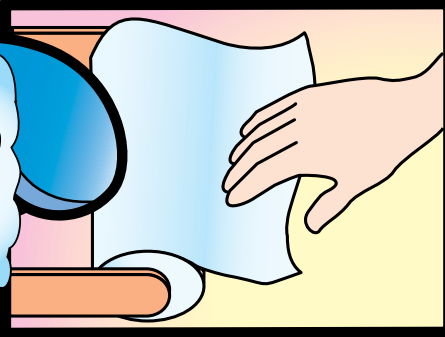
4

Rinse



5

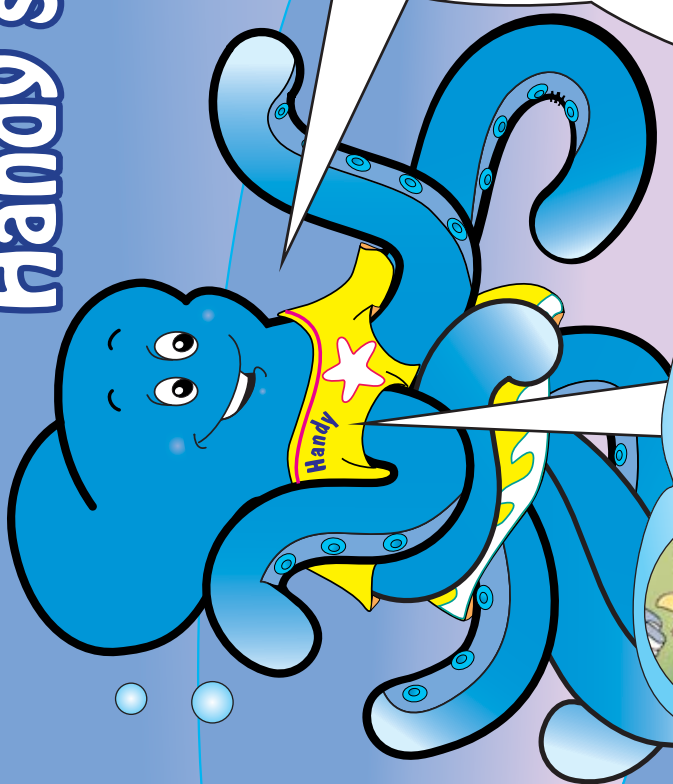
Dry



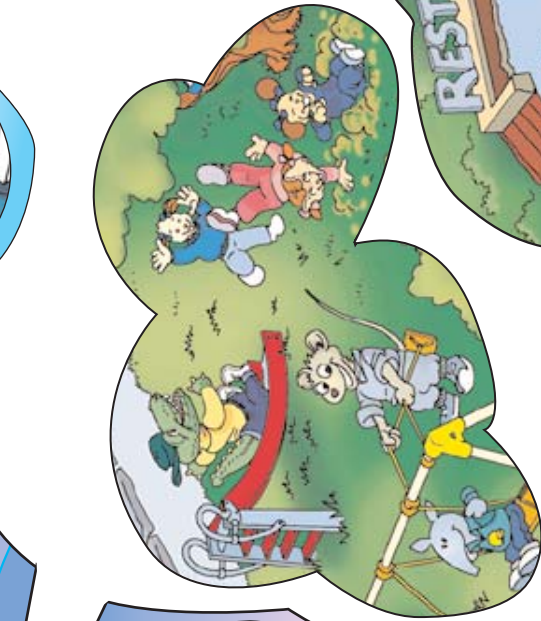
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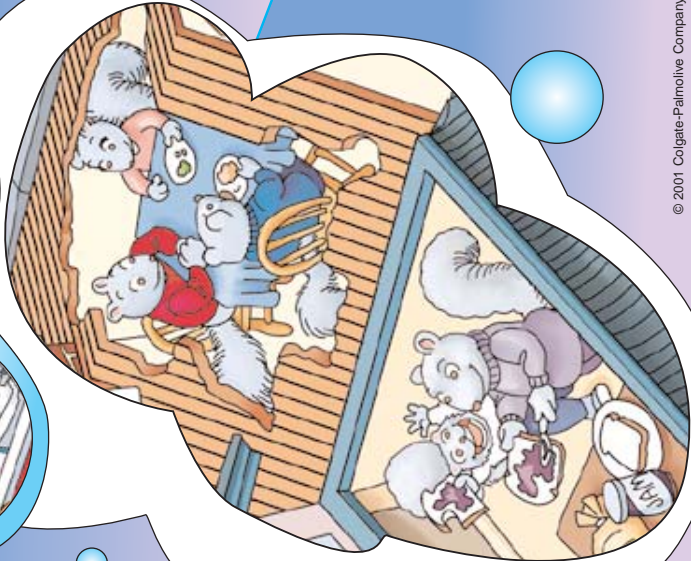
Handy says, "Wash Your Hands..."



After ...



Before ...



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