Lather Up For Good Health®

A Hand Washing Education Program for Preschool through First Grade Students

Classroom Education Guide

Look inside for:
- Latest in Hand Washing Research
- Classroom Presentation Ideas
- Family Involvement
Dear Educator,

As a teacher or school nurse, you are already aware of the benefits of hand washing. But you are faced with the challenge of getting your school students excited about it, too. The Softsoap® Lather Up for Good Health® program – featuring Handy™ the Hand Washing Octopus – serves as a game plan for engaging kids and teaching them the importance of hand washing.

Staying healthy is important all year long – but cold and flu season is a particularly challenging time for schools. This program is designed to give you additional ammunition in your fight against infectious disease with new data and some “hands-on” education tools to help you get the word out to children and their families!

Hand Washing Education Program

This Softsoap® Lather Up for Good Health® hand washing education program for Preschool, Kindergarten and First Grade students includes this Classroom Education Guide as your roadmap to the program. See page 3 for a look at the other kit components.

Hand Washing Research

Page 7 features a recap of studies that discuss the effectiveness of a hand washing intervention program at the preschool level. It gives you the documentation you need to demonstrate that hand washing really does work!

Hand Washing Web Connection

www.latherupforgoodhealth.com is an interactive website offering a host of educator information and kid-friendly activities. We’ve highlighted those within this guide via “Web Connections.”

Now, it’s time to get started. Good luck!

Sincerely,

Marsha E. Butler, DDS
Dr. Marsha E. Butler
Vice President
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Colgate-Palmolive Company

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Your Components At-A-Glance

The materials are straightforward and simple, with activities that involve children in developing a “clean hands” school environment. The components make it easy to lead them through the WHYs, WHENs, and HOWs of hand washing.

**DVD: Handy and his Helpers**
An undersea exploration of why, when, and how to wash hands. Features Handy™ the Hand Washing Octopus and his four engaging helpers.
- Running time: 11 minutes
- Song lyrics are printed on page 6 of this guide

**Classroom Education Guide**
This eight-page guide offers classroom activities and presentation ideas.
- Hand washing research
- Family involvement

**Hand Washing Poster**
A two-sided, full-color poster for twice the learning!
- Side 1: When to Wash
- Side 2: How to Wash

**Reproducible Family Take-Home**
This two-sided handout encourages hand washing at home.
- Available for download from the DVD
- At-home hand washing instructions
- A week-long hand washing log

**Reproducible Family Hand Washing Pledge**
This interactive pledge can be found on the back cover of the Classroom Education Guide.
- Reinforces family participation

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**Getting Started**

By sharing the Lather Up for Good Health® education program with children, you’ll get them excited about washing their hands and help instill critical, long-term healthy habits. The components are flexible and can be used in the classroom, in the nurse’s office, or a combination of both. Plan your lesson according to how much time you have available.

**Presentation Checklist**

**In advance**
- Reserve TV/DVD player if the classroom doesn’t have one.
- If possible, laminate the poster to protect it, especially if you plan to take it from class to class.
- Print and photocopy the Reproducible Family Take-home from the DVD and the Hand Washing Pledge on the back cover – one for each child.

**School Nurse: Ideas for Your Classroom Visit**

**Team teach with the teacher**
- Talk to the teachers in Preschool, Kindergarten and First Grade classrooms to plan your visit.
- Let the teachers know that you’ll be bringing take-home materials with you.
- Encourage teachers to team teach the program with you and continue to conduct follow-up activities and reminders afterwards.

**Nurse’s Timing Tip:**
Try to arrange visiting the classroom right before lunch or snack time. It makes a great entrée to the topic of hand washing!
Using the Components

**DVD**

**Explore Prior Knowledge**

Announce that you are there to talk about your good friend Handy™ the Octopus. He’s a very smart and healthy guy! In fact, octopuses are the smartest of all invertebrates! Ask the children what they know about octopuses. Have they ever heard of a blue octopus before? Chat with them about how Handy™ has eight “hands” and lives in the ocean. He uses all eight to eat with.

Tell the children that today, they will watch a movie about Handy™, an expert on washing hands — after all, he has eight of them! Ask them: how would you like to have eight hands to wash? What would that be like?

Let the children know Handy™ also has four friends: Dexter, Digit, Pointy, and Pinkie. The only thing is, they had a lot to learn about hand washing. What would it be like if you had never learned about hand washing before?

**Introduce the DVD by asking 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)*

**Show the DVD**

• Running time: 11 minutes
• Storyline: Handy™ the Octopus and his four “helping hands” — Dexter, Digit, Pointy, and Pinkie — teach kids the benefits of washing their hands through engaging songs and “hands-on” demonstrations.
• Original Music: The lessons are presented via clever hand washing songs. The three songs emphasize the three key learnings: WHY to wash, WHEN to wash, and HOW to wash. Lyrics are printed on page 6.

**POSTER**

**Follow up the DVD viewing by using the poster to review the “when” and “how” of washing hands.**

**Side 1: When to Wash**

• Show the children the “When to Wash” side of the poster.
• Invite the children to describe what they see happening in the pictures. What are the Helpers showing us are the important times to wash our hands?
• Be sure to watch for the message from the “sneezing” crab!

**Before:**
- Eating or touching food

**After:**
- Using the bathroom
- Sneezing, coughing, or blowing your nose
- Coming in from outside
- Playing with pets

**Side 2: How to Wash**

• Flip the poster over to the “How to Wash” side.
• Ask if someone would like to come up to the poster and show and/or tell the rest of the class how Handy™ says to wash our hands. Repeat the words on the poster and have children repeat them:
  - Soap + Water • Bubbles • Rub • Rinse • Dry
• Ask: What happens when we wash our hands? *(the germs go down the drain)*
• Follow-up: Let each child come up and describe the steps and then go wash his/her hands if a sink is accessible. This step is also an excellent follow-up activity for the teacher after the presentation. If a sink isn’t available, have children act out the motions of hand washing.
School Registration Day, Health Fairs, and PTO Meetings

Hand washing also makes an excellent topic for School Registration Day, Health Fairs, and PTO Meetings. As children transition to the public school environment, good hand washing habits become even more critical. You can even use the materials in the kit to get parents involved! Consider these ideas for alerting families about the importance of hand washing at home.

For Health Fairs and School Registration Day

• Play the DVD at your display table. If possible, borrow a DVD player with looping capabilities.
• Provide copies of reproducible take-homes for families. Make sure that each family gets a Family Hand Washing Pledge!
• Post the poster adjacent to your display table. Invite visiting children to describe what they see on the poster.
• If possible, place your display table near a sink to encourage on-site hand washing!

For PTO Meetings

• Let parents know about your new school effort to stay healthy by washing hands. Explain that you are promoting hand washing compliance at school – but that’s only half the battle! You’re asking for them to promote hand washing by modeling it at home, too.
• Share current statistics from the research highlights on page 7 with parents. For example, engage them with the fact that CDC statistics show that infectious diseases account for more than 164 million lost school days each year in grades K–12!
• Consider playing the DVD for the audience. If possible, plan to have some of the children attend the meeting to sing/act out the songs during the show.
• Distribute copies of the Family Pledge to the group.

WEB CONNECTION:
Parents can find facts and fun at: www.latherupforgoodhealth.com.
The site also contains educational activities for students in grades pre-K through 3. Spread the good, clean news!
The Why To Wash Song
If you want to be healthy
If you want to be smart
If you want to feel clean,
Here’s a great place to start!
It’s as easy as 1-2-3,
If you just listen to me.
You gotta wash, wash, wash your hands,
You gotta wash, wash, wash your hands,
You gotta wash, wash, wash your hands.
I want to be healthy
I want to be smart
I want to feel clean
So get ready to start!
It’s as easy as A-B-C,
If you just listen to me.
You gotta wash, wash, wash your hands,
You gotta wash, wash, wash your hands,
You gotta wash, wash, wash, wash, wash your hands!

The When to Wash Song
When you (COUGH)
When you (SNEEZE)
When you (WOOF)
When you (MEOW)
When you (DOOR)
When you (FLUSH)
I know you understand:
After all these things, you got to wash your hands.
Wash your hands, wash your hands
You’ve got to, got to wash your hands,
Wash your hands, wash your hands
After all these things you’ve got to wash your hands.

How to Wash: The Handy Hand Washing Song
Well, you gotta wet, wet, wet your hands
You gotta soap, soap, soap your hands
You gotta rub, rub, scrub your hands
You gotta rinse, rinse, rinse your hands.

Then you got to dry your hands,
That’s the way we wash our hands,
That’s the way we wash . . .
The way we wash our hands!

Follow-up Activity: Germs, Germs Go Away!

Getting Ready
Have a “beanbag-like” object, preferably one in a “yucky” color, and pretend that it’s a germ.

Playing Germ, Germ Go Away!
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,” 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.

WEB CONNECTION:
For more classroom activity and follow-up ideas, visit www.latherupforgoodhealth.com!
Highlights from Research Study:

Successful Hand Washing Education in Schools

Hand washing is a basic, everyday process — but it is also a skill and behavior that must be learned as a child. As with all skills, the earlier that a child learns and incorporates the action into a routine, the more likely it is to become a lifelong habit.

Hand washing is a key step in helping to keep us healthy. According to the U.S. Centers for Disease Control and Prevention (CDC), “The most important thing that you can do to keep from getting sick is to wash your hands.”

Unfortunately, improper or infrequent hand washing continues to be a major factor in the spread of disease. CDC statistics show that infectious diseases account for more than 164 million lost school days each year in grades K–12. “Nearly 22 million school days are lost to the common cold alone,” and research shows that many of those missed days could be prevented by proper hand washing.

Hand Washing Intervention

To help kids build a healthy habit, Colgate-Palmolive set out to help teachers make hand washing in the classroom an easy, automatic process, while making hand washing fun and desirable for children. The result was the original Softsoap® Lather Up for Good Health® program, with five teacher-directed classroom activities, a classroom game, and hand washing charts.

A pilot study, conducted in 1999, found that educational programming, such as the Softsoap® Lather Up for Good Health® program, can improve hand washing habits and knowledge.

Following up on the findings of that study, Colgate-Palmolive conducted research to test the efficacy of the program as a tool to help improve hand washing behavior both at home and at school. The objective of the 2002 study was to demonstrate a change in hand washing knowledge and practice by preschool children after they participated in the program.

Colgate-Palmolive tested its key messages of why, when and how to wash one’s hands among 133 preschool children in four Head Start locations across the United States (Massachusetts, California, Minnesota, Georgia). The University of Medicine & Dentistry of New Jersey/ School of Public Health participated in the study.

Results show improvement in all three knowledge areas:

- Why: Before participating in the Lather Up for Good Health® program, 46% of preschoolers surveyed reported knowing what germs can do, and 53% were unsure of what to do to get rid of germs. After participating in the program, 93% of the children understood what germs can do and 86% understood that we can avoid germs and stay healthy by washing hands.
- When: When asked, “When do you think you should wash your hands?”, 26% of children didn’t know the answer before the program. After participating, only 6% still did not know when hands should be washed. Additionally, there was a statistically significant increase in knowledge of important times to wash hands: before eating, after using the bathroom, after playing outside, after playing with pets, and after sneezing, coughing, or blowing one’s nose.
- How: Teaching the hand washing program resulted in an increase in hand washing time by an average of 12 seconds. Statistically significant increases were also observed in making lather, washing between fingers, and washing under the nails.

The importance of hand washing education is evidenced by the fact that 81% of the preschool children in this study claimed to wash their hands by themselves, without adult assistance. Yet, their knowledge indicates a gap in knowing when and how to wash. If they receive assistance in hand washing, it comes from their mothers/caregivers. Teachers and school nurses can be instrumental in promoting good health through proper hand washing, and helping to close the gap in knowledge and practice.

WEB CONNECTION:
Visit www.latherupforgoodhealth.com for more on this study.

Family Hand Washing Pledge

Parent/Caregiver: Read the first part aloud with your child.
Read the last part to your child, then sign your names.

**Signed:**

**Grown-up** ___________________________________________  **Date** ____________

**Child** ___________________________________________  **Date** ____________

**WEB CONNECTION:**

Parents/caregivers: For more information on hand washing and to find fun family involvement activities, check out [www.latherupforgoodhealth.com](http://www.latherupforgoodhealth.com).

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**Adult and Child:**

We’ll wash our hands all through the day
Before we eat and after we play
After touching pets, or when we cough or sneeze
And after using the bathroom. Soap and water, please!

**Adult Alone:**

I’ll show you how to keep hands clean
Washing front and back and in between.
At home, I’ll keep soap at each sink for you
So you can scrub with bubbles – and I will, too!