

PERSONAL CARE ROUTINES



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PERSONAL CARE IN THE CLASSROOM

Understanding what observers look for:
 ● ECERS-R -#13- Health Practice

What is considered personal care in the classroom:

- Hand washing
 - - Proper handwashing
 - - When to wash hands
- A germ-free environment
 - -Stopping the spread of germs
 - -Being a good model of health practices

#13 HEALTH PRACTICES

Indicator	Element	Opportunities	Element	Opportunities
1.1. Wash hands before and after eating, drinking, and handling food.	1.1.1. Wash hands before and after eating, drinking, and handling food.	1.1.2. Wash hands before and after eating, drinking, and handling food.	1.1.3. Wash hands before and after eating, drinking, and handling food.	1.1.4. Wash hands before and after eating, drinking, and handling food.
1.2. Wash hands after using the toilet.	1.2.1. Wash hands after using the toilet.	1.2.2. Wash hands after using the toilet.	1.2.3. Wash hands after using the toilet.	1.2.4. Wash hands after using the toilet.
1.3. Wash hands after coughing or sneezing.	1.3.1. Wash hands after coughing or sneezing.	1.3.2. Wash hands after coughing or sneezing.	1.3.3. Wash hands after coughing or sneezing.	1.3.4. Wash hands after coughing or sneezing.
1.4. Wash hands after touching someone who is coughing or sneezing.	1.4.1. Wash hands after touching someone who is coughing or sneezing.	1.4.2. Wash hands after touching someone who is coughing or sneezing.	1.4.3. Wash hands after touching someone who is coughing or sneezing.	1.4.4. Wash hands after touching someone who is coughing or sneezing.
1.5. Wash hands after touching a surface that has been touched by someone who is coughing or sneezing.	1.5.1. Wash hands after touching a surface that has been touched by someone who is coughing or sneezing.	1.5.2. Wash hands after touching a surface that has been touched by someone who is coughing or sneezing.	1.5.3. Wash hands after touching a surface that has been touched by someone who is coughing or sneezing.	1.5.4. Wash hands after touching a surface that has been touched by someone who is coughing or sneezing.

See Item for Clarification and Questions on next page

HANDWASHING



Ensuring proper handwashing:

- ⊙ Both hands washed with liquid soap and rinsed thoroughly under warm running water for 20 seconds.
- ⊙ Hands should be dried with individual paper towels that are not shared or air-dried with a blower.
- ⊙ The usage of gloves, wipes or antiseptic waterless washes does not count in the classroom.

ECERS-section 13 Health Practices

WHEN TO WASH HANDS

When proper handwashing is needed:

- Upon arrival into the classroom
- Before and after meals
- After cleaning up spills
- When hands are contaminated
 - Dirt, blood, wiping nose, coughing, cleaning body fluid

After messy play:

- Usage of sand and water play
- Outdoor play
- Art activities (painting and gluing)
- Cooking activities
- Playing with pets



FUN TIME

⊙ Developing a handwashing song.

- Song must be 20 seconds long
- Not the Happy Birthday song

Example

- Using (Row, Row, Row Your Boat)
 - Wash, wash, wash your hands
 - Wash the germs away
 - Rub, scrub, scrub, rub
 - Germs go down the drain



 **GERM-FREE ENVIRONMENT**

- ◎ **What is a germ-free environment**
 - Staff cutting down the spread of germs.
 - -Usage of bleach solution for cleaning:
 - Toys
 - Tables (Before and after meals, Art activity)
 - Sinks and toilets
 - Body fluids
 - A “No Smoking” environment. 
 - Children are dressed properly.
 - Children should be dressed appropriately for all weather conditions.


GERM-FREE ENVIRONMENT

How to implement a germ-free environment

- ◎ **Teaching children about being healthy.**
 - Handwashing
 - Healthy foods
 - Being active and getting exercise
 - Keeping things clean
- ◎ **Displaying posters and pictures.**
- ◎ **Providing books, games and/or activities.**

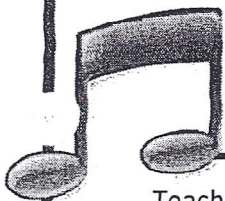
REFERENCE

- ◎ Harms, T., Clifford, R. M., & Cryer, D. (1998). *Early Childhood Environment Rating Scale-Revised*. New York, NY: Teachers College Press.
- ◎ Harms, T., Clifford, R. M., & Cryer, D. (1998). *All About the ECERS-R*. New York, NY: Teachers College Press.



WEBSITES

- ⊙ Green Cleaning -
http://www.ucsfchildcarehealth.org/pdfs/helthandsafety/ipm_green_cleaning_en1110.pdf
- ⊙ Good Hygiene -
http://www.ucsfchildcarehealth.org/pdfs/helthandsafety/hygen081803_adr.pdf
- ⊙ Handwashing tips-
<http://www.cdc.gov/handwashing/>
- ⊙ Healthy Child Care -
<http://www.globalhealthychildcare.org/>



Handwashing Songs

Teach your children these songs to sing while properly washing their hands. They will enjoy the music, and if they wash as long as they sing, their handwashing will be even more effective!

To the tune "Are you Sleeping?"

Top and bottom, top and bottom
In between, in between
Wash your hands together
Wash your hands together
Squeaky clean, squeaky clean

Tops and bottoms, tops and bottoms
(rub top and bottom of hands)
In between, in between,
(rub fingers inside on both hands)
All around your hands, all around your hands,
(Just like it says)
Makes them clean, makes them clean
(Flash all ten fingers)
All around, all around

Wash your hands, wash your hands
With one squirt, with one squirt
Rinse them very quickly,
Rinse them very quickly
Goodbye dirt, goodbye dirt

Grab a tissue, grab a tissue
If you sneeze, if you sneeze
Do not use your finger,
Do not use your finger
Or your sleeve, or your sleeve

To the tune "Row, Row, Row Your Boat"

Wash, wash, wash your hands
Play the clean up game
Scrub and rub, rub and scrub
Germs go down the drain (repeat)

Wash, wash, wash your hands
A little soap for you
Scrub them well and rinse them, too
Dry them and you're through

To the tune "Oh, My Darlin'"

Wash your fingers
All your fingers
Add the soap, scrub every one
Wash the one side
Then the other
Rinse them off and then you're done

To the tune "Here We Go 'Round the Mulberry Bush"

This is the way we wash our hands
Wash our hands
Wash our hands
This is the way we wash our hands
To keep our bodies healthy

This is the way we eat good food
Eat good food
Eat good food
This is the way we eat good food
To keep our bodies healthy

This is the way we...(name something healthy)

To the tune "Jingle Bells"

Scrub 'em good, scrub 'em good
Wash the germs away
Keep your hands all nice and clean
Stay healthy everyday, Hey!

Wash your hands, wash your hands
Before you eat your lunch
Think of all the germs you have
From all the things you've touched, oh

