

Home Hygiene that Leads to Health for Children / Prov. 22:6 TRAIN UP A CHILD

Things must be taught & modeled in the home; this is the training ground for all other places & interactions with other people in their present & future. Home is not the area to be “lax” in.

Accurate Training Requires:

- ❖ **Daily** verbal instruction along with demonstration by you and supervision by you.
- ❖ **Discipline** (routines printed on walls and time of action) and accountability (checklists).

Basic Hygiene Ages 3-11 (Approx.): You may have to “skip” ads on some of the videos!

- Hand Washing/Drying:** Proper soap, supervising continually until it becomes a solid habit. Both in public and private. (Hands are not dried by wiping on clothes or “flinging” in air).
[Click Here for Video \(2 Min.\)](#)
- Hair grooming:** Use of proper tools & products (comb/brush, gels, hairspray etc.) Including how to keep combs & brushes clean.
Note: All products/tools may not be right for all textures and styles, see your stylist for lessons!
[Click Here for Video for Boys, \(4.28 min.\)](#) [for Girls \(1.28 min.\)](#) A wide tooth comb is recommended for wet hair and a “paddle” brush for dry hair. & [Click Here for Hairbrush Cleaning. \(4.19 min.\)](#)
Use a wide tooth comb to clean hair from brushes.
- Dental/Oral:** Even infants need their teeth brushed daily. Demonstrate & do their teeth for/with them until they have mastered the instruction & are capable of doing a good job on their own, then supervise! Teach proper flossing as they get older. Take time to educate on what happens when we don't take care of our teeth - use non-fluoride toothpaste. Yearly (minimum) checkups and cleaning! You only get one set of teeth! [Click Here for Video \(2 min.\)](#) [Use a soft toothbrush, sing along!](#)
- Face cleansing:** Day and night to care for their skin, having clean washcloths/soap. Teaching what happens to their skin when they don't take care of it. [Click Here for Video \(.54 sec.\)](#) [A small soft washcloth is best!](#)
- Baths/Showers are needed Daily:** Hair washed no less than every other day! Proper soap / cloths & a good shampoo for their hair type. (Teach proper cleansing of under arms/private areas.) Fresh towels weekly minimum.
[Click Here for Video \(4.26 min.\)](#)
- Caring for clothes:** Instruct how to fold and put clothes away for young ones, older ones should be taught how to wash/dry also. Check and make sure they are changing their underwear daily and are wiping/cleansing properly. Be a detective. If their underwear is “not-clean”, have them scrub it (teach/supervise this) before putting it in the washer. [Click Here for Video 1, \(Sorting/Separating laundry properly\) \(2.39 min.\)](#) [Video 2, \(5.59 min.\)](#) [Stain Removal\) Video 3, \(5.27 min.\)](#) [Washing/Drying\) Video 4 \(8.9min.\)](#) [Folding laundry](#)
- Cleaning/Trimming fingernails/toenails:** [Click Here for Video](#)