



Why Children Need to Wash Their Hands



Overview

One of the easiest ways to stay healthy is to make sure everyone in your family washes their hands often. Hand washing keeps the harmful germs we touch from getting into our eyes, nose and mouth. And, it keeps us from spreading germs to others. So it's important to teach your kids how to wash their hands the right way.

Washing

First, turn on the faucet and have your child get their hands wet. Now turn off the water. Put soap on your child's hands, and show them how to rub their hands together to make bubbles. Make sure they rub all the parts of their hands. Show them how to get the soap between their fingers and even under their fingernails. And make sure they don't forget the backs of their hands. They need to rub their hands for at least 20 seconds. That's about how long it takes to say the ABCs.

Finishing up

Now that their hands are good and soapy, it's time to finish up. So make sure they give their hands a good rinse. This washes away the germs. Then turn off the water and have them dry their hands with a clean towel. Or, use an air dryer.

Conclusion

That's all there is to it! The simple practice of proper hand washing is the easiest way to lower everyone's risk of illness. Wash your hands often, and make sure your children wash theirs, too.

