

Handwashing and good hygiene

Germs can spread quickly in early years settings if good hygiene procedures aren't followed and promoted.

As colder months continue - bringing with them coughs, colds and runny noses - there's no better time to promote good health and hygiene habits for children. This is particularly important when children just start nursery or school and when there are changes in the weather.

It's vital that early years practitioners promote good hygiene procedures and support the children to understand the importance of hand-washing to prevent the spread of germs.



Here are our tips to promote good hygiene in your setting:

- Get children to make their own soap - then make a display of children washing their hands using their own soap
- Invite a local health professional to come into the setting to show children how to wash their hands properly and talk to them about preventing the spread of germs
- Always have a supply of tissues available in accessible places and support children to wipe or blow their own nose if it's running
 - Remind children to wash their hands afterwards
- Being outside in the fresh air is one of the best ways for children to keep healthy and to keep germs at bay
 - Ensure children have suitable clothing to keep them warm, dry and comfortable while playing outside
 - And of course, remind them to wash their hands when they come back inside!