Better Parenting

# Bubble Away the Germs

Make bubbly handwashing fun and send pretend germs away.

## Helps Your Child Grow



### Health, Safety, and Nutrition

With your guidance, your child gradually learns when and how to wash, building personal-hygiene and self-care habits.

## Steps

- “Be clean” is too abstract to guide a young child. Break handwashing into small rules your child can understand and follow.
- Use an engaging, accurate picture book to explain why hands need washing: tiny germs can get onto our hands, and soap and water help wash them away.
- Before washing, look together at your child’s hands and say, “Germs may be hiding here.” Afterward, notice the clean hands: “We washed the germs away.”
- Next, teach when to wash. Begin with one or two consistent moments, such as before eating, after coming home, or after using the toilet. Repeating the same cues helps the habit form.
- Post a simple picture sequence near the sink: wet, add soap, scrub, rinse, dry. Let your child follow the pictures instead of relying on repeated reminders.

## Tips

- Avoid shaming language such as “Your hands are disgusting.” Focus instead on how fresh and comfortable clean hands feel.
- A short chant can help your child remember the sequence: “Palms and backs, between and tips - rinse the bubbles, dry the drips.” Use the same words each time.

## Observations

- ◯ Begins washing their hands after your reminder
- ◯ Explains or shows one reason for washing hands after your prompt