

Teach them to wash their hands properly

Getting children to wash their hands properly or even regularly can be tricky. I would suggest trying to make it fun rather than fearful. Fear can increase avoidance and therefore cause more issues with handwashing than solve them.

- Find a song that they like and play or sing it whilst handwashing – trying to get my son to wash his hands to the Happy Birthday song was never going to happen, so he got to choose which one he preferred.
- Use a spontaneous reward when they have washed their hands
- Stay with them whilst they wash their hands too – they are more likely to do it if you are present
- Wash your hands with them, incorporating a game such as making the most amount of soap suds
- Blow bubbles and clap hands on them, hands get sticky and need washing afterwards
- Use wet wipes to wipe hands – while long term this is not a viable solution, in the short term it will leave hands cleaner than they were.