

Potty Pointers

Encourage Hand Washing with Your Child or Grandchild

"Washing hands is one of the most important actions parents can take to prevent food-borne illness in their children." - Food and Drug Administration



Model hand washing for your young children or grandchildren! Wash hands together and make it fun!

Teach them to sing "Twinkle, Twinkle, Little Star" while washing hands (20 seconds).

Have your child or grandchild pick out a special hand washing soap.

Help your child or grandchild reach the sink by placing a stool for them to stand on when you are with them.

Have your child or grandchild make a hand-washing poster to hang up by your sink.

Children should wash hands with warm water and soap for 20 seconds after using the bathroom, before and after handling food, after playing with pets, and after playing with toys inside or outside.

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

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