



Key Points – Time – Practice - Encouragement

Encouraging children to take care of everyday hygiene routines and to use the toilet independently helps them learn how to become more independent and self-sufficient.

Although hygiene and bathing skills are addressed primarily at home, instruction about the importance of health and hygiene can be emphasized in the classroom. Many play and learning situations can be developed to reinforce these skills.



Incorporating Skills into Routines

- During play, let students practice washing dolls and washable toys. Put some soap on the items and let them wash, wipe off soap, and dry.
- Have students practice with water by filling up small containers and using the water to water a plant.
- Teach students the importance of brushing teeth and let them practice with actual toothpaste and brushes or by imitating your modeling of the skills in a pretend situation.

References and Resources

Florida Department of Education. Division of Early Learning. Florida Early Learning and Developmental Standards 2017. <https://flbt5.floridaearlylearning.com/standards.html>

National Center for Pyramid Model Innovations (NCPMI). Resources for "Practical Strategies" and "Using Visuals." Department of Education, Office of Special Programs. (nd).

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