

## Top tips to help with handwashing

It's especially important at this time to keep hands clean and avoid touching your face as much as possible. Here are some ideas and supports to help children and young people who don't like to wash their hands.

- Try to keep your child's hands busy with toys or messy play in trays.
- Try playing with foam soap or shower gel with water in a tray or bowl as another way to keep hands clean!
- Use hand-sanitiser where possible for children



Use pictures and videos to help your child understand and prepare for the steps involved in hand-washing.


- Here's a video you can watch with your child as you wash hands:  
*How to Wash Your Hands NHS Song:* <https://www.youtube.com/watch?v=S9VjeIWLnEq>
- Your child might like the 'Handwashing Rap' too! <https://vimeo.com/134952598>



- *Why not make a video on your phone of someone at home washing their hands to show your child the steps?*

Here are some examples of visual supports you can use to help your child with hand-washing. Point to the picture as you do each step.

I can wash my hands



turn on wash soap rub wash turn off dry

## Wash Your Hands to Stay Healthy



turn on water apply soap scrub hands

rinse hands turn off water dry hands