

THE IMPORTANCE OF GOOD HYGIENE & GOOD NUTRITION

**Presented by: Preschool Nurses
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Personal Hygiene for Preschoolers

- ❑ Teaching personal hygiene is important for keeping kids healthy, clean, and neat.
- ❑ Getting them into a routine early will help them continue to take care of themselves as they get older.
- ❑ Teach them to wash their hands, use water and soap over hands and wrists. Dry hands thoroughly.
- ❑ Wash hands:
 - ❑ Before and after eating
 - ❑ After using the bathroom
 - ❑ After playing outside
 - ❑ After coughing, sneezing, or wiping nose



Bath Time

Clean

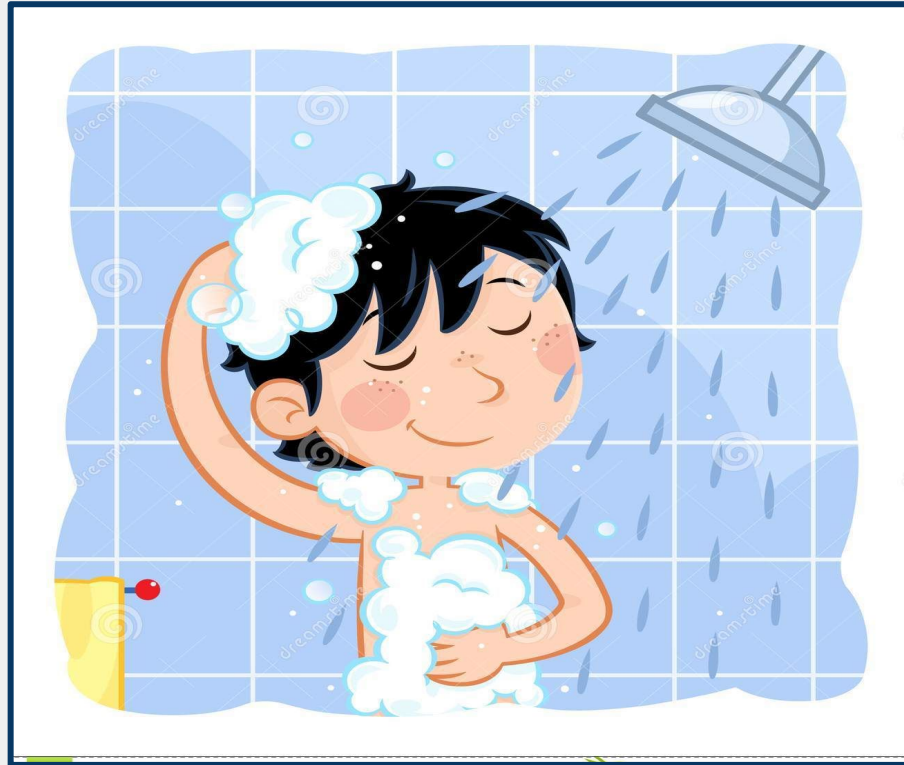


Dirty



Children need to bathe and shower regularly.

Many parents find that evening baths are the best way to relax a child before bed.



Hand Washing



- Teaching your child how to wash their hands is the most important health & hygiene habit.
- Children touch many different objects and surfaces every day.
- Hand washing is one of the best ways to prevent illnesses and stop germs from spreading.
- Make sure your child uses soap and lathers for at least 20 seconds before rinsing.
- A good way to measure the time is to have your children sing the “Happy Birthday” song two times while washing.

Hand Washing



Sneezing & Coughing

- Germs travel far and wide:
 - A sneeze travels up to 100 miles per hour and can send 100,000 germs into the air
- Research shows that sneezes and coughs can actually travel up to 200 times further than originally presumed.
- Get your child into the habit of covering his or her mouth and nose with a tissue, or into the elbow of their arm if they can not reach a tissue fast enough.



Sneezing & Coughing

Right Way to Sneeze



Use tissue when sneezing.
Don't forget to wash your
hands after you sneeze.



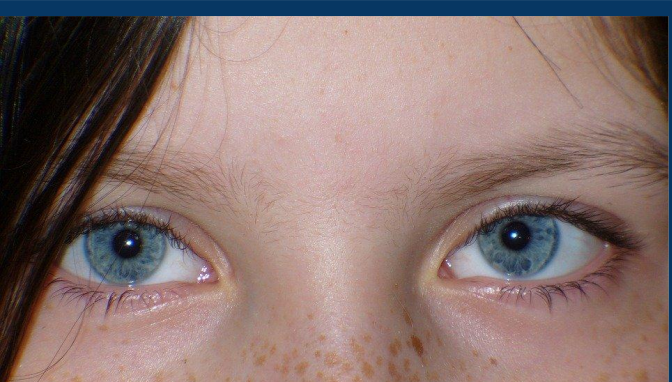
Cover your mouth with your
elbow if you don't have a
tissue.



Don't cover your mouth with
bare hands.



It is bad to sneeze and cough
towards other people.

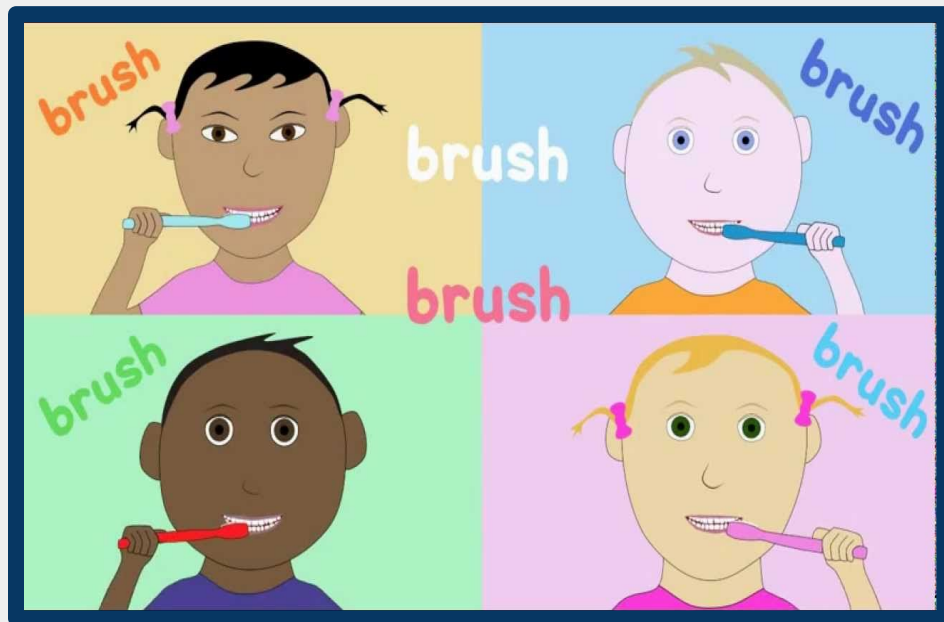


Eyes, Mouth, & Nose

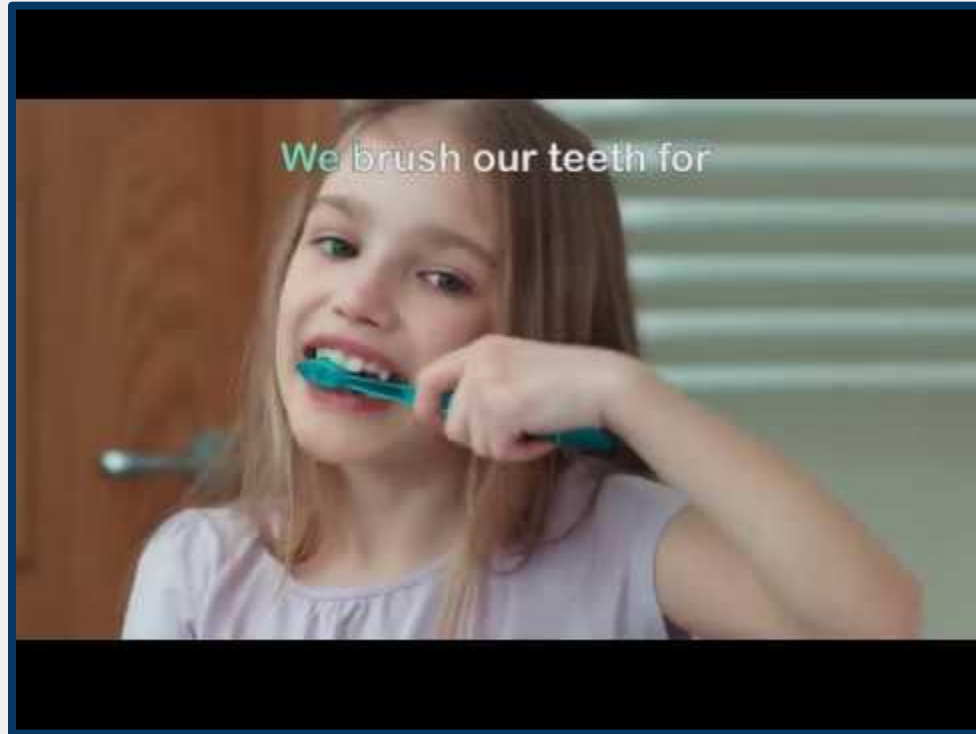
- Germs are easily transmitted into the body through the mucous membranes in the eyes, nose, and mouth.
- Remind your child not to touch their eyes or put their fingers in their nose.
- Germs can spread into the body when children touch surfaces or objects and then touch these parts of their faces.

Dental Hygiene

- Teach your child to brush their teeth at an early age.
- Form good habits with your child such as:
 - Brushing
 - Flossing
 - Brushing the:
 - Tongue
 - Insides of the cheeks
 - Roof of the mouth
- Brushing and flossing should be done two times a day.



Dental Hygiene: Caring for Your Child's Teeth to Keep Them Cavity-Free



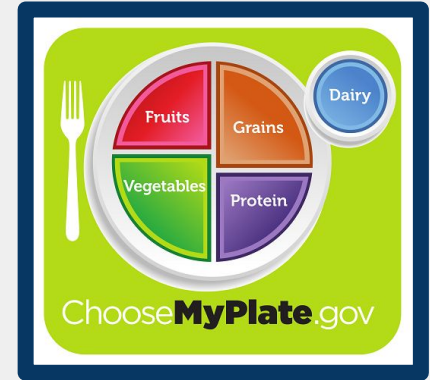
Eating Behaviors of Young People

- Between 2001 and 2010, consumption of sugar-sweetened beverages among children and adolescents decreased, but still accounts for 10% of total caloric intake.
- Between 2003 and 2010, total fruit intake and whole fruit intake among children and adolescents increased. However, most youth still do not meet fruit and vegetable recommendations.
- Empty calories from added sugars and solid fats contribute to 40% of daily calories for children and adolescents age 2–18 years—affecting the overall quality of their diets. Approximately half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk. Most youth do not consume the recommended amount of total water.



Healthy Eating for Preschoolers

- It is important for preschoolers to eat a variety of:
 - Fruits
 - Vegetables
 - Grains
 - Protein Foods
 - Dairy and Fortified Soy Alternatives
- Choose options for meals, beverages, and snacks that have limited added sugars, saturated fat, and sodium.
- The amount of food preschoolers need depends on a variety of factors: age, gender, and physical activity level.
- Use the [MyPlate Plan](#) as a general guide to how much they should eat from each food group every day.

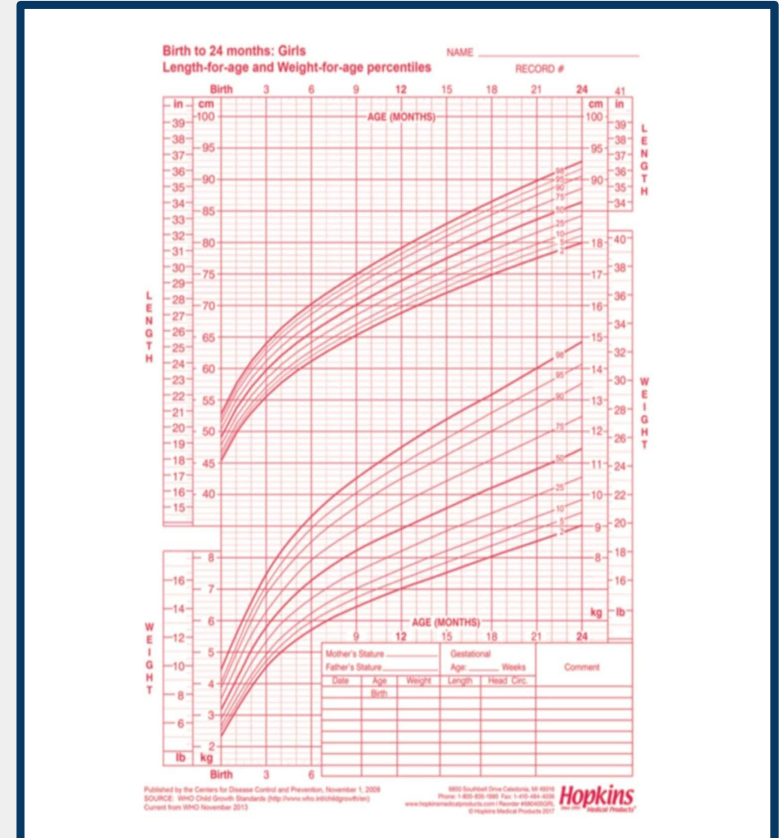
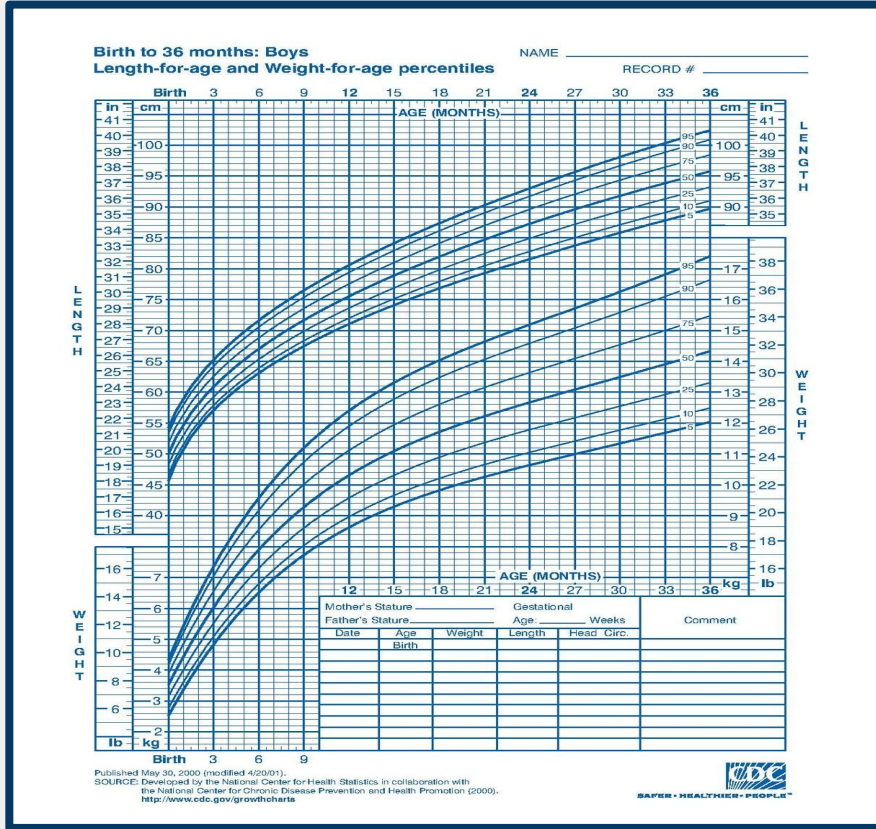


Preschooler Growth & Development

- Preschoolers have a wide range of normal growth; every child is different.
- Your child's healthcare provider will monitor their growth over time using growth charts.
- Discuss concerns you may have about your child's growth with their healthcare provider.



Growth & Development for Boys & Girls



Healthy Habits for Picky Eaters

Picky eating is typical for many preschoolers as they grow up and become more independent. Try these following tips to help with this behavior in a positive way:

- Offer different foods from day to day.
- Serve foods in small portions during meals and snacks.
- Being patient is the key when your child is trying new foods.



Benefits of Healthy Eating



Healthy eating can help children achieve and maintain a healthy body weight, consume important nutrients, and reduce the risk of developing health conditions such as:

- Obesity
- High Blood Pressure
- High Cholesterol
- Iron Deficiency
- Dental Caries (Cavities)

Diet & Academic Performance

- Eating a healthy breakfast is associated with improved cognitive function (especially memory), reduced absenteeism, and improved mood.
- Schools provide students with opportunities to learn & practice healthy eating behaviors.
- Hydration may also improve cognitive function in children which is important for learning.
- Hydration is important for bowel movements & to prevent urinary tract infections.



How Much Water to Drink a Day?

It is recommended that children drink the amounts of water below according to their age. It is important to note that children should drink 8 ounce cups of water equal to their age with a maximum of 64 ounces of water for children over the age of 8. These amounts do not include other beverages they may consume in a day such as milk or juice. Your child will need more fluids with physical activities or illness.

One Cup = Eight Ounces



Resources

- [How Much Water Should Children Be Drinking?](#)
- [My Plate: What is My Plate?](#)
- [Choose My Plate](#)
- [CDC Nutritional Facts](#)
- [Healthy Foods](#)



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