

Cool Tool of The Week Bathroom skills 2-cleanliness

Expectation: Be Respectful, Be Safe

Purpose of the lesson? Why it is important:

1. To teach children personal hygiene skills.
2. To maintain a safe, healthy, and clean environment for all family members.

Teaching Examples: *The following presents situations that your child might find himself in. Use these examples to discuss with your child how to make good decisions about cleanliness.*

- Your child is at the skating rink and hated to stop skating but needed to use the bathroom. Your child was finished and was hurrying to get back into the rink. Your child left the bathroom without washing his/her hands. Discuss with your child why it is important to wash his/her hands after using the bathroom. Talk about how usually only your child will know if their hands have been washed or not. Your child has to make a choice of whether to take pride in himself/herself by keeping clean and healthy.
- You and your child were using a public restroom. Your child came out of a stall and went to the sink to wash his/her hands. You hadn't heard a toilet flush so you ask your child if the toilet was flushed. Your child said, "Lots of people don't flush in public bathrooms". After you have instructed your child to flush the toilet you tell your child that your expectation is that your child flushes whenever using a toilet. Talk about how living in a clean environment benefits everyone and that your child should do his/her part even if at times others don't seem to do theirs.
- You went into the bathroom and saw that there was water on the floor and soap all over the sink. You called your child into the room and asked how this happened. Your child shrugged and said, "I don't know". Talk to your child about how it is every family members responsibility to keep the bathroom clean and safe. Point out how someone could have slipped on the water that is on the floor. Explain that soap is harder to clean up when left on the sink.

Kid Activities/Role Plays:

1. Make a list of your child's responsibilities pertaining to keeping the bathroom clean. If needed this list can be made into a checklist that can be hung in the bathroom.
2. A hygiene list can also be written. This list can include showering, using deodorant, combing hair, etc.

Follow-up/Reinforcement Activities:

1. Praise your child and let them know that it is appreciated when you catch him/her using good hygiene and helping to keeping the bathroom clean.

