

Hygiene Habits

The Covid 19 virus has made all of us more aware of how crucial personal hygiene habits are. From their first day with us, we begin to teach these 3 golden rules to our children:

1. Keep hands clean.

We show children how to wash their hands using soap and warm water, ensuring that they wash in between their fingers and the backs of their hands too. We often sing a song or a rhyme as they do this, to encourage them to wash for longer.

There are many videos on YouTube that help with this.

Children wash their hands regularly within the nursery session - at least three times in a half day session, and six times within a full day. We remind them to wash their hands after using the toilet.

Hand washing is the best way to prevent spread of viruses

2. Catch it bin it kill it

We have a box of tissues in each room of nursery. We ask families to contribute one box per term. We teach children to blow or wipe their noses and then put the tissues straight into the bin. We show children how to sneeze or cough into their sleeve.

3. Save kisses for family

We support and encourage friendly and social behaviour between children but teach them to save their kisses and very close contact for their family at home.