



Promoting Hygiene Skills in Young Children

Land acknowledgement

The lands, waters, nature and sky that Grandview Kids is privileged to exist within have long been home to the Michi Saagiig Anishinaabeg. We acknowledge the lands of the traditional and treaty territories covered under the Williams Treaties, including the Mississaugas of Scugog Island First Nation, Alderville First Nation, Hiawatha First Nation, Curve Lake First Nation and the Chippewa Nation of Georgina Island, Beau Soleil and Rama. We are responsible for building stronger relationships with clients, caregivers, partners and colleagues from First Nations, Métis and Inuit communities. Through our shared values of belonging, excellence, connection, discovery and celebration, Grandview Kids commits to seeking truth and upholding reconciliation.

Vision

Every child and youth living at their full potential

Mission

Supporting children and youth with physical, communication and developmental needs to live, learn and play



Values



Belonging

Creating a caring environment by welcoming, respecting and including everyone.

Advocating to make the community more accessible and inclusive for all.

Removing barriers to ensure equitable access to services.

Embracing diversity by listening to and amplifying unique perspectives.



Excellence

Providing safe, family-centred, efficient, high-quality care.

Maintaining a positive work environment to help Team Grandview thrive.

Mobilizing knowledge within Grandview Kids and across the system.

Being accountable for our actions, committed to transparency and ethical decision-making.



Connection

Valuing clients and caregivers as our best partners in care.

Collaborating across Team Grandview to deliver exceptional care.

Anticipating community needs through continuous engagement.

Partnering with other providers to better connect the system.



Discovery

Enabling clients to discover their own potential.

Embracing growth and change.

Re-imagining what currently exists to innovate solutions.

Integrating cutting-edge science and research into our work.



Celebration

Recognizing Team Grandview's diverse skills and contributions.

Honouring inchstone and milestones, using a strengths-based approach.

Achieving the best possible outcomes for clients and their families.

Inspiring hope for the future.

Agenda

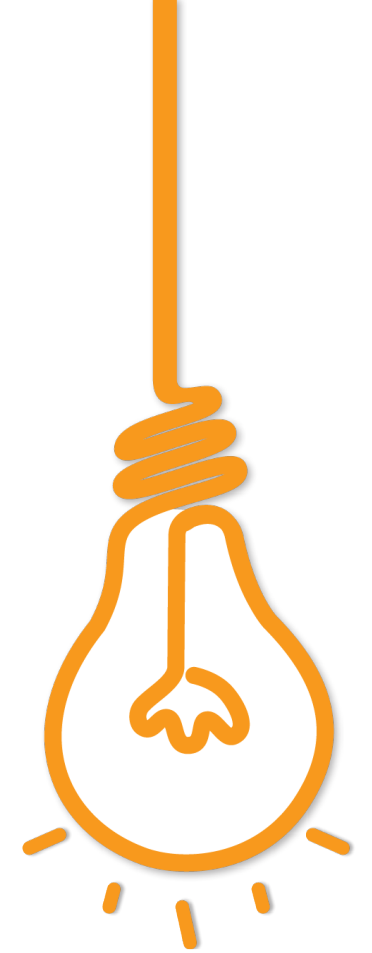
1. Developmental milestones for hygiene
2. Understand how kids gain independence with hygiene skills over time
3. Learn how parents can be the best teacher
4. Learn about occupational therapy
5. How to connect with Grandview Kids

Hygiene



What are Hygiene Skills?

- The skills we need to keep our bodies clean
- They range from basic activities to more complicated skills
- We will focus on skills introduced in the early years



Why are Hygiene Skills Important?

- They help prevent the spread of germs and sickness
- Allow the child to participate in their daily routines while fostering independence



Developmental Milestones

	Personal Hygiene
1-2 years	<ul style="list-style-type: none">• Engages in bath time to help wash some body parts• 18mo+ consider using low fluoride toothpaste to brush teeth
2-3 years	<ul style="list-style-type: none">• Washes and dries hands with help• Turns faucet on and off• Wipes nose with help• Goes to washroom independently (still needs help with wiping)• Participates in tooth brushing, bathing
3-4 year	<ul style="list-style-type: none">• Can wash and dry hands and face independently
4-6 years	<ul style="list-style-type: none">• Requires assistance for bathing to manage water and wash body/hair thoroughly

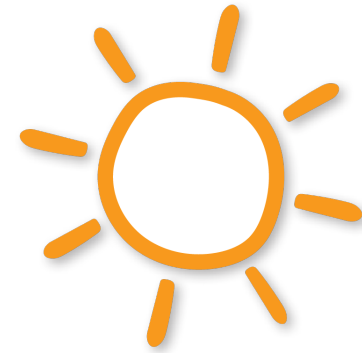
*Age ranges are given as a guide only, every child is unique, and skills often appear gradually

Handwashing



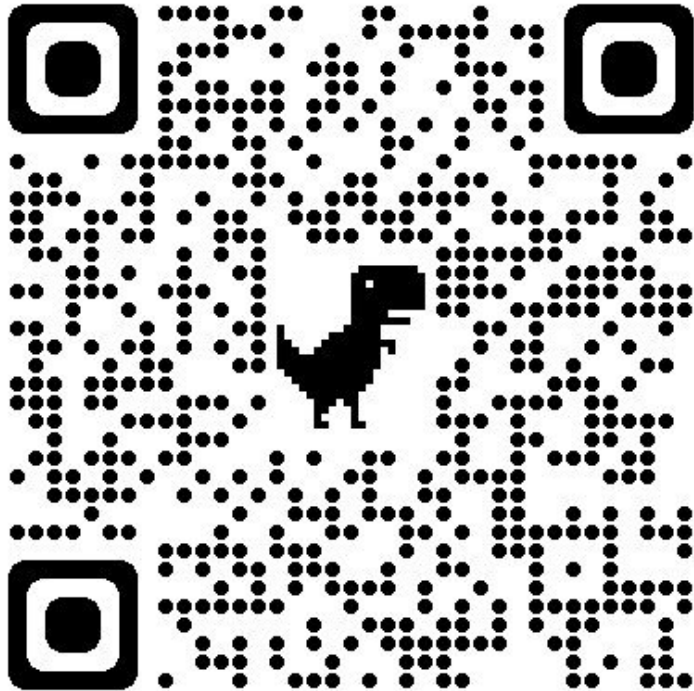
Promoting Handwashing at Home

- Sing ABCs while washing
- Use paint on hands and rub off with them
- Set up environment for success
 - Keep soap and towels in reach of the child
- Hand over hand
- Pictures depicting the steps of handwashing posted nearby sink

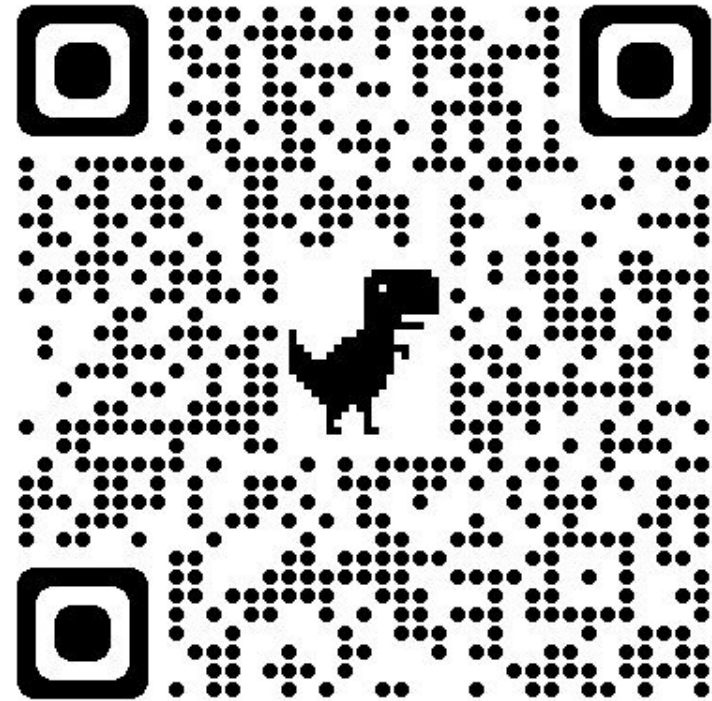


Handwashing Strategies

Song & Video:



Handwashing Activities:



Bathing



Promoting Bathing at Home

- Bathtub Party
 - Bring a beach ball or beach toys (e.g., bucket or watering can) into bathtub to help promote splashing and pouring water. Help your child to see that it is not a scary experience and remind them that everyone needs to take a bath.
- Games to help identify body parts
 - E.g., Simon says, toys etc.
- Consider an ultra-absorbent towel
 - Helps dry off the water quicker and able to provide a softer and gentler material against your child's skin and hair, as some towels can be scratchy and rough
- Backwards chaining
 - Start off the task by demonstrating, but let them complete the task
- Water temperature
- Hand over hand

Backwards Chaining

Can be a good strategy for any personal hygiene task!



Hair Washing



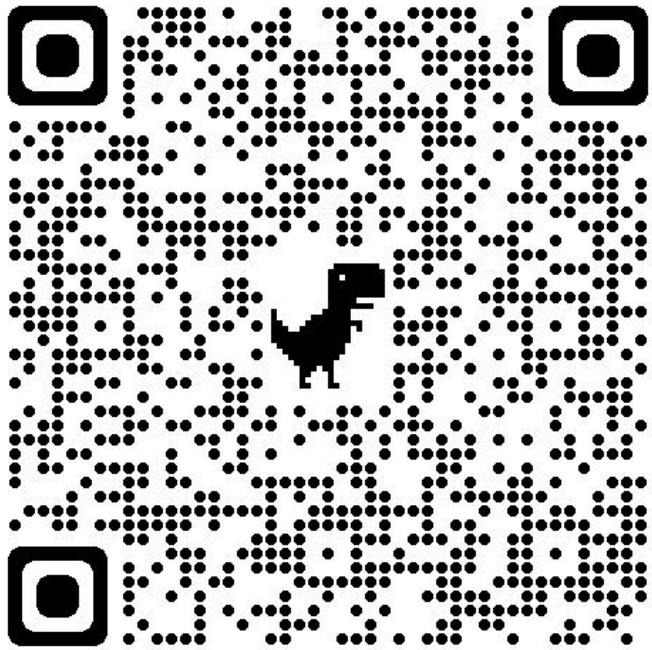
Promoting Hair Washing at Home

Consider...

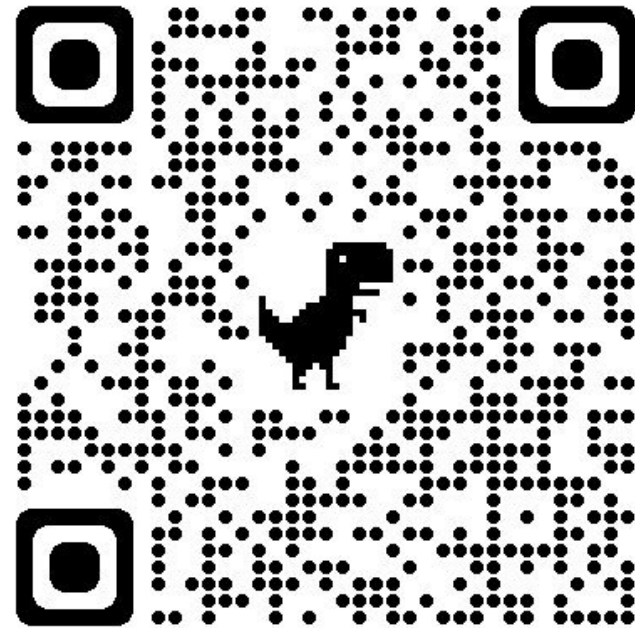
- Low suds shampoo
- “Tear free” shampoos
- Visors/goggles to prevent water/shampoo dripping onto their face and into their eyes
- Ear plugs
- Breaking down the task/steps so it is easier to remember
- Shorter hair
 - It is easier to wash than longer hair, so it may help to be mindful of the length as they learn to independently wash their hair

Hair Washing Strategies

Sensory Considerations



15 Strategies You May Like



Brushing Hair



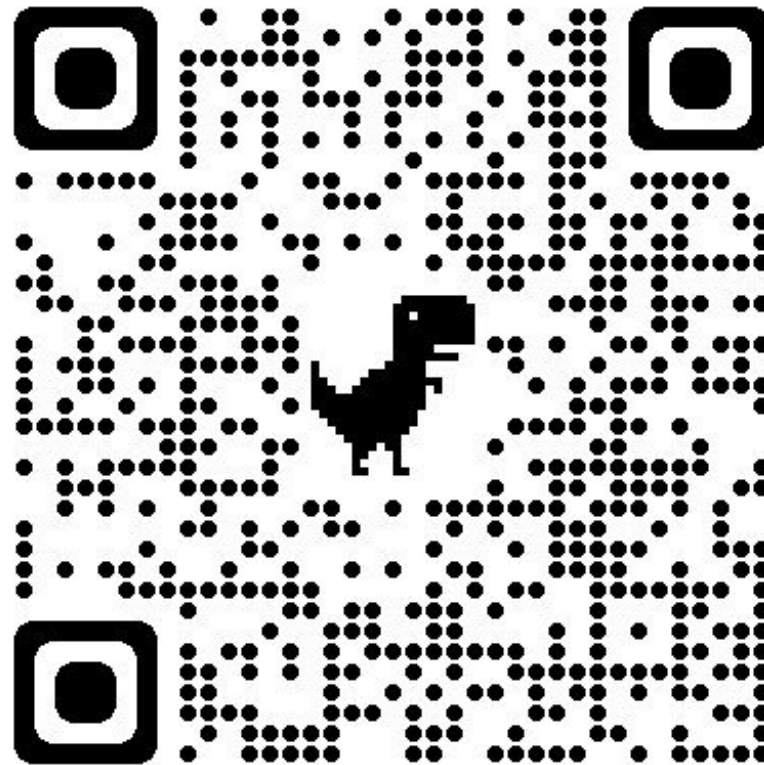
Promoting Hair Brushing at Home

Consider...

- Using a wide handled brush/comb for easy grip
- Letting your child choose accessories for their hair
- Letting your child choose their hair style
- Using a de-tangling/tangle free brush
- Brushing in front of a mirror



Tips for Hair Brushing



Brushing Teeth



Promoting Brushing Teeth at Home

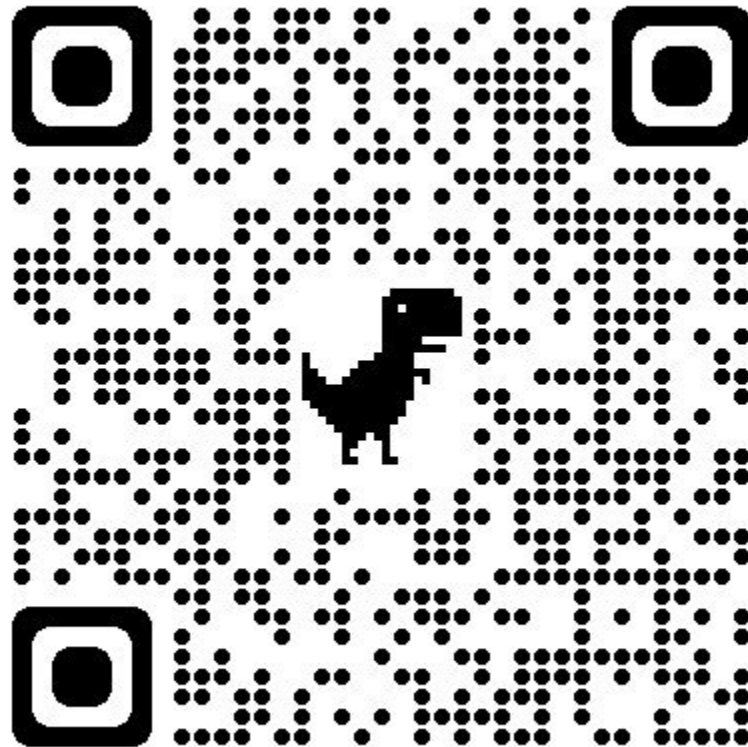
Consider...

- Letting your child choose a song to brush their teeth along to
- Using a flavoured toothpaste
- Brushing alongside your child
- Checking out your app store for ways to make brushing teeth fun!
- Create a consistent routine
 - This helps eliminate the “unknown” factor to brushing



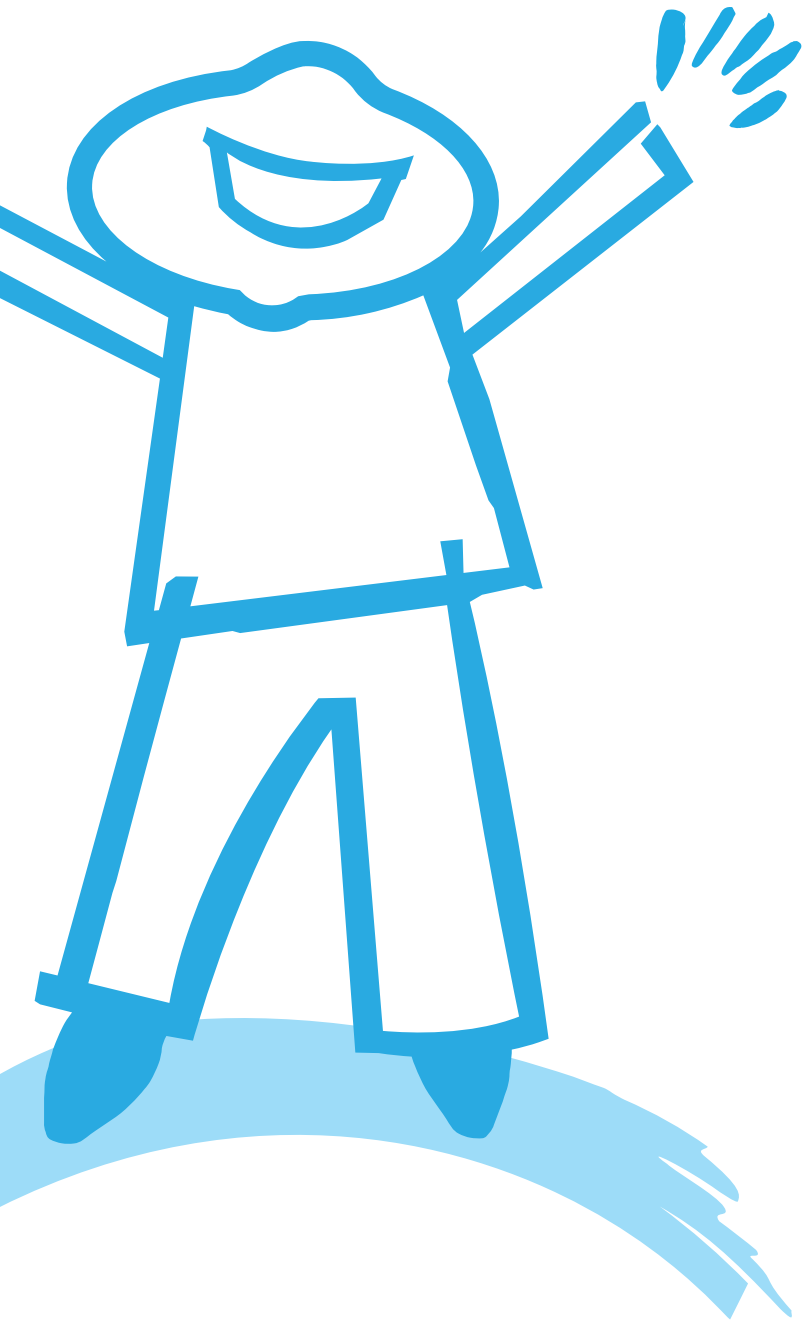
Toothbrushing Tips

Sensory Awareness



Role of an Occupational Therapist

An OT can provide formal and/or informal assessment of your child's development. Occupational therapists have unique skills to help children acquire or progress their self-help skills, including their ability to dress themselves. Whether it's through direct learning or play, an OT can help kids learn to do the 'jobs' they need to do each day.



To learn more about
Grandview's programs contact
the Service Navigation Team

Call direct: 905-728-1673, ext. 2468

Email: service.navigation@grandview.ca

Or visit our website www.grandviewkids.ca



Thank you!

References

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