

## PERSONAL HYGIENE: nice to be clean!

In our society, people before get to know us, formulate an opinion based on how we present ourselves and our appearance. Therefore, it is important to be clean and tidy, not only as adults but also as children.

Personal hygiene means both the cleanliness of the body and clothes.

**Body cleanliness:** how many times a day you need..

- **To wash the hands?** Many times! Before dining, after using the toilet, when you return home, when you touch something dirty ... wash your hands with soap!
- **To brush the teeth?** At least three times a day: after breakfast, lunch and dinner. Brush with toothpaste and parent has to check if the child brushes his teeth properly. Up to the age of 4/5, father or mother helps to hold the toothbrush because a child is unable to clean properly.
- **To wash the face?** At least twice: in the morning when wake up and in the evening before go to sleep. If your face is dirty after eating or playing, you have to wash it anyway!
- **To use the bidet?** It is very important to wash your genitals and butt. At least once a day before going to bed and after pooped.
- **To take shower or bath?** At least every alternate day. If you are dirty after playing, you may take a shower once more.

Attention! Hands should be washed often and well. It takes at least a minute to wash your hands and to scrub them well with soap in all positions: above, below, fingers, thumb, rinse well and then dry them.

**Clothing cleanliness:** how often you need to change...

- **Socks and underwear:** every day;
- **Singlet:** twice a week because it does not get dirty with the outside (but if you sweat a lot, it needs to be changed);
- **T-shirt, pants and sweatshirt / sweater:** every alternate day, unless it gets very dirty so has to be change every day;

It is not necessary to iron your clothes! It is better to wash them once more and not ironing them.

## How much to dress the children?

Children run a lot and the classrooms are very hot, so children sweat! To be comfortable, they need to be dressed lightly and in layers, so that they can undress when they are hot / cold.

If a child is too hot, he feels uncomfortable, gets nervous and may isolates himself from others!