

Parenting Tip of the Month

February



Lower Elementary Teachers

SO FRESH AND SO CLEAN! 7 WAYS TO TEACH YOUR CHILD GOOD HYGIENE HABITS



Until they reach the teenage years and realize the opposite sex appreciates the use of soap, toothpaste, and deodorant, teaching children that practicing good hygiene is essential to their health and well being can be a daily challenge.

Lucky for you, there are ways to make the journey to having an independent, sweet-smelling, and squeaky-clean kid a little less arduous. Dr. Matthew Weimer, a family physician who has been practicing for four years, has a few ideas about how to encourage children to practice good grooming habits.

Here are 7 helpful tips for instilling proper hygiene habits in your child:

1. Start With The Basics

"Hand washing is one of the most important hygiene practices we can teach our kids. The basics include washing several times daily, especially after using the bathroom, using soap and water (preferable to alcohol-based hand sanitizers), using friction when washing, washing for an appropriate period of time, and proper rinsing," says Dr. Weimer. According to the Center for Disease Control, soap and water are preferable to hand sanitizers because sanitizers don't eliminate all types of germs and are not as effective when hands are visibly dirty. To encourage children to scrub for an appropriate amount of time, try having them sing "Happy Birthday" while they wash. Go on. Sing it with them. It's fun.

2. Have Fun With Hygiene

Turn blowing a runny nose into your best horn impression. Use those shampoo suds to turn their hair into a Mohawk or bath bubbles into a beard. Do a dance while brushing teeth each morning. Who said hygiene has to be a chore?

3. Lead By Example

Let your child observe your own routine. Invite them into the bathroom while you brush your teeth, comb your hair, and wash your face at night. Remind yourself aloud within their earshot to wash your hands before preparing dinner. If they see you taking care to wash and brush, they will be more likely to follow suit.

4. Explain The Importance Of Grooming

“From my perspective as a physician, I like the idea of using hygiene to introduce basic, age-appropriate concepts of health, wellness, and disease,” says Dr. Weimer. “Kids can grasp the idea of infection (like icky colds with runny noses) without knowing the scary details. Kids of certain ages can understand the ideas that diseases can be communicable and that they can prevent transmission by practicing good hygiene. (Plus you’re laying the foundation for those fun STD talks in later years!)”

5. Make Use Of Visual Or Interactive Resources

You say you want to teach your child to groom themselves? There’s an app for that! For starters, download [Pepi Bath](#). It allows your child to choose a girl or boy character and role play — putting clothes in the machine, washing hands, shampooing hair, and, yes, even using the toilet — in a fun and engaging way. There are also tons of children’s books and videos on the subject. Relax and let their favorite character teach them about the importance of proper hygiene.

6. Buy Something Special They Will Look Forward To Using

A great way to engage children in their own grooming is to pump up the excitement for the task by adding in a little incentive. It can be as simple as toothpaste in their favorite flavor, a brand new rubber duck, or a cool light-up toothbrush. It doesn’t take much to make the mundane magical.

[Check out the best bath toys for kids](#)

7. Make It Routine

As parents, we hear it time and time again. Children thrive on routines. Incorporate hair and teeth brushing into your morning and evening ritual. Make bath time a precursor to your bedtime story. As they start to perform these tasks daily, they will begin to accept them as part of their daily life. They may even surprise you and remind you when you’ve forgotten an important part of the hygiene routine!

Material of the Month

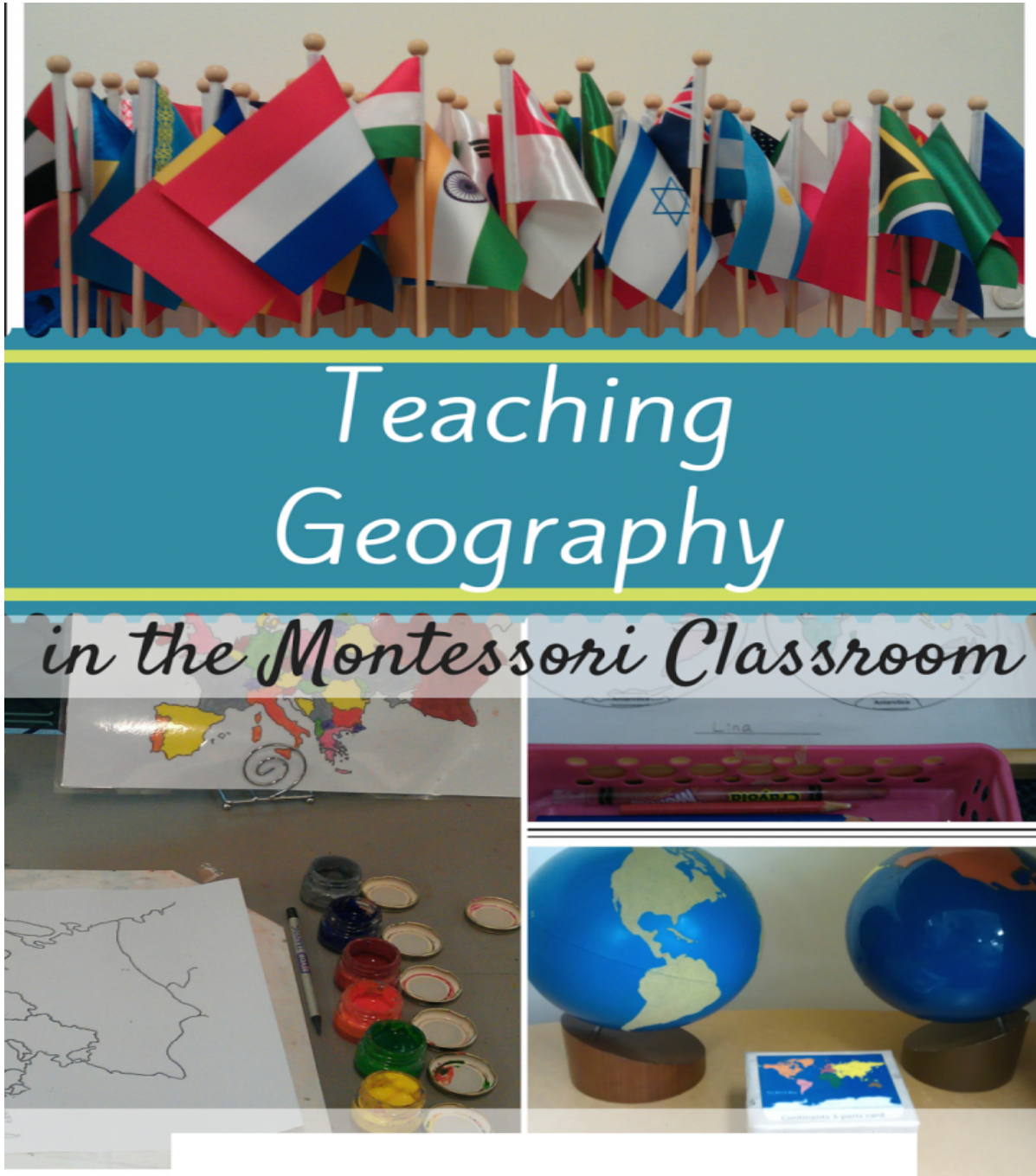
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Teaching Geography in the Lower Elementary Montessori Classroom

In our Montessori classroom the children learn about our world, space, planets, continents, land and water forms, etc. Here are a few activities we offer to spark children's curiosity.



Compass activity. After demonstrating [three part lesson](#) on parts of the world - North, South, East and West, we engage the children in fun activity incorporating their knowledge of parts of the world and math by giving them directions, for example: "make 3 steps North, 2 steps West, 1 South, then 4 East".



The child traces and then paints all seven continents using [The World Map Puzzle](#).



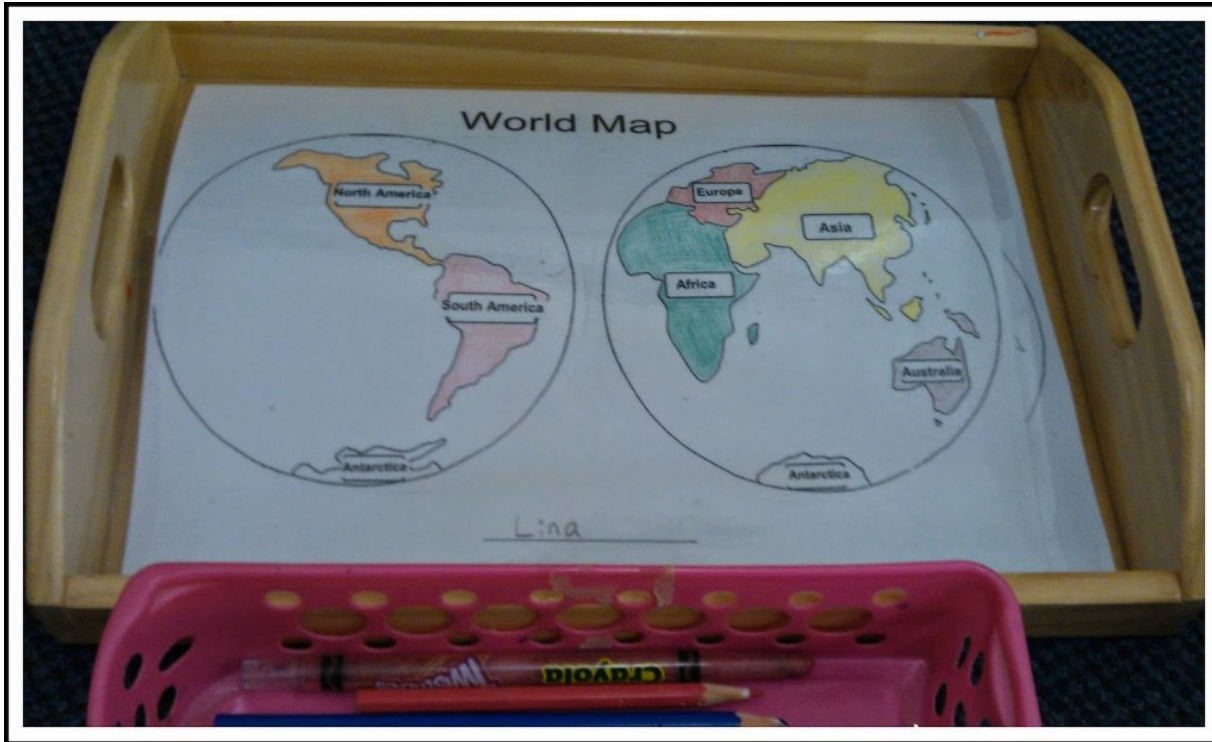
Flag Activity



Learning about animals of the world



Continents coloring activity



Continents 3-Part Cards



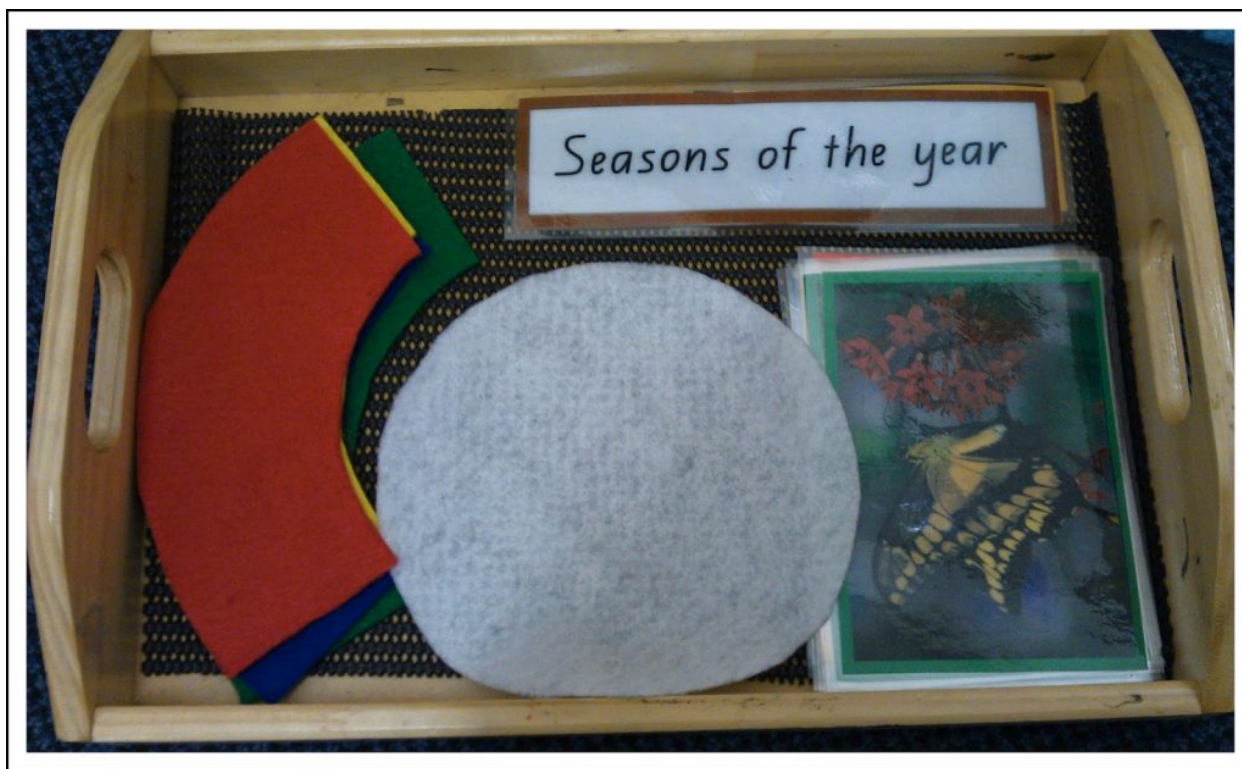
[Montessori World Map with Flags](#) This activity can be too challenging for children on it's own. We usually provide Flag Book to facilitate them to search for country and find it on the map.



Water Air Land Activity



Four Seasons of the Year Cards



Minerals and Rocks



Special Events lesson

The Olympic games are more than just another sporting event; they are a celebration of competition, perseverance and patriotism on a worldwide scale. We teach our children to get to know first a little about the Olympic games. Many people from many countries get together to play games and celebrate friendship, unity and sports every four years. There are Summer Olympic Games and Winter Olympic Games. The games take place in a different country. The first Olympic games originated in Greece, a beautiful country in Europe (show this on a map or globe). We have worksheets available and sometimes, we put up small Olympic games for the class.

Please click the link below to go to the official Olympic website:

<https://www.olympic.org/news/pyeongchang-2018-curriculum-aims-to-excite-inform-and-engage-students>

