<u>Washing my hands</u>

I like to wash my hands as it makes them feel clean.

I worry about getting bad bacteria on my hands and sometimes I wash my hands too many times to get rid of the bad bacteria.

By washing my hands too much this makes my hands red, sore, dry, or itchy. This can be harmful to my hands.

But not all bacteria is bad, some can be good and very helpful for our bodies.

We need some bacteria to help our immune system to learn to fight off any infections which can keep us healthy.

If we didn't have these types of bacteria, then our bodies wouldn't be able to fight off bad infections that we might have as we get older. If we wash our hands too much, we also wash away the good bacteria isn't good for our immune system.
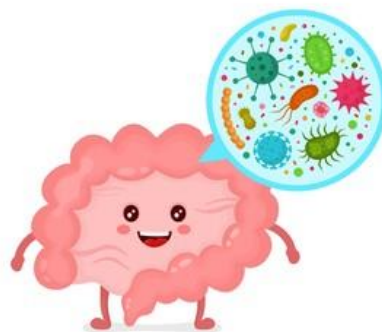
To help keep my hands healthy, I should try to only wash my hands once every hour.

When I feel like I need to wash my hands I should look at the clock or a watch, it will show me when an hour is up.

I then must wait until the next hour before I can wash my hands again. I can do other activities whilst I am waiting.

I can look also at my chart which can also show me when I should be washing my hands.

Before Meals	When I come in after being outside	When cooking or baking

When should I wash my hands?

After using the toilet	After Sneezing	When my hands look dirty

If I feel worried about not washing my hands I can talk to my _____ or think about things I like. I can also use fidget toys to keep my hands busy. I am stronger than my worries.

By washing my hands less often they won't be red or sore. Practicing good hand hygiene is part of growing up and essential for keeping my hands healthy.