



Coming Clean about Hygiene

Hygiene - It's a tricky topic to talk to kids about at any age. Whether you are teaching a 5 year old independent hygiene skills or talking to a teenager about puberty it can be a rough parenting moment. Your School Nurses are here to help you tackle this topic with some fun & informative resources for every age.

Why Hygiene Matters

Social Acceptance - Good hygiene promotes healthy peer relationships for students. Spending time around people with body odor and other other aspects of poor hygiene can be difficult. It is important to teach your child good hygiene habits early to increase social acceptance.

Dental Hygiene -Cavities (also known as caries or tooth decay) are one of the most common chronic diseases of childhood in the United States. Untreated cavities can cause pain and infections that may lead to problems with eating, speaking, playing, and learning. Children who have poor oral health often miss more school and receive lower grades than children who don't.¹

Self Esteem - Being clean and well groomed can make you feel more confident and comfortable. This will lead to an increased sense of self worth both physically and mentally. We feel our best when we look our best.

Disease Prevention - Good hygiene is proven to lower your risk for diseases and illnesses. See the CDC link below on hygiene related diseases.

[CDC - Hygiene Related Diseases](#)

Hygiene Resources

[Talking to upper elementary aged students about hygiene](#)

[Talking to preteens about hygiene](#)

[Always Changing and Growing Up](#) - This is the video series used in the 5th grade puberty education class that was missed this year due to school closures

[Good Health and Hygiene Skills for Teens](#) -

Stay Home and Stay Healthy,

DASD Nursing Staff

¹ (Source - CDC)