

# News Notes To Parents

Purdue University Cooperative Extension Service of Adams County

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## Hand Hygiene as a Family Activity

Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.



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### Help your child develop handwashing skills

Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the five easy steps for handwashing—wet, lather, scrub, rinse and dry—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

### Give frequent reminders

Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But once handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

### Lead by example by washing your hands

Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.

### If soap and water aren't available

Washing hands with soap and water is the best way to get rid of germs. If soap and water are not available, use an alcohol-based hand sanitizer that has at least 60% alcohol, and wash your hands with soap and water as soon as you can.

### Baby wipes

Baby wipes may make your hands look clean, but they're not designed to remove germs from your hands. CDC recommends washing hands with soap and water when possible.



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### Did You Know?

*Handwashing can help prevent diarrhea-related sicknesses and respiratory infections, such as a cold or the flu.*

Source: [cdc.gov](https://www.cdc.gov)

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## Teaching Kids to Give Back During the Holidays

"It's better to give than to receive" is an old adage that we've all heard. A study by the American Psychological Association suggests that giving to others increases life expectancy by at least 5 years. A stretch? Maybe. But if you and your child shovel the snow from your elderly neighbors sidewalk this winter, you may be doing yourself, your child, and your neighbor a favor.

Young children can learn to give back during the holiday season by giving a kind word, offering a smile, sharing a toy, drawing a picture, writing or dictating a note, or cheering up a lonely friend or family member.

Here are some additional family giving ideas for helping and giving to others that you can do with your child during the holiday season and at any time of the year:

- Collect clothing or personal items and donate them to a local shelter for the homeless.
- Make favors, scrapbooks, napkin rings, or crafts for a special occasion to donate to a local children's hospital.
- "Adopt" a senior citizen and help them with necessary chores or visit an elder care home.
- Collect food for local food banks.
- "Adopt" a service person stationed overseas, collect items and send them a gift box.
- Make toys, games, or crafts for a child care center or pediatric unit of a hospital.

Source: <https://www.brighthorizons.com/resources/article/giving-and-getting-during-the-holiday-season>

## Toilet Paper Roll Snowmen

Making snowmen is a classic holiday craft activity. But when there's no snow to be found, or it's too cold outside to really enjoy bringing Frosty to life, these easy toilet paper roll snowmen from @curiousandgeeks on Instagram are the perfect alternative.

**Materials:** Toilet paper rolls or paper towel rolls cut in half, white paint, black paint or black permanent marker, paint brush, glue and any small decorations, such as googly eyes, foam stickers, ribbon, pipe cleaners, etc.

**Directions:** Paint the toilet paper rolls white, and allow to dry. Add faces with paint or marker. Now it's time to really let your kids show off their imaginations: Let them create snowman "clothes" out of the other odds and ends from your craft box. Display!



Source: <https://www.care.com/c/12-easy-holiday-crafts-for-kids/>

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