



Going to the Toilet

Handwashing

Handwashing is an essential skill for children of all ages.

Some children dislike water, making hand washing very difficult.

- Try novelty soap with a toy in the middle – get your child to wash the soap away to get to the toy. You could also try a visual timer so they can see how long they have to wash for
- Using the right temperature water may help, try using warm water rather than cold or hot
- If your child will not hand wash, then try hand gel, baby wipes or even a flannel

The [National Infection Prevention and Control Manual](#) have a number of ideas and materials for you and your child to use to help with hand washing.

<http://www.nipcm.scot.nhs.uk/resources/hand-hygiene-wash-your-hands-of-them/childrens-pack/>