



Cheer-Up Station

Parenting Wiki - Health and Personal Hygiene

Due to school suspension, children tend to spend a lot more time at home. Parents can make good use of this opportunity to increase children's awareness in personal hygiene and enjoy quality time together with these fun and creative games.

Bacteria Detective

◆ **Goal :**

To teach children the importance of cleaning as bacteria can be detected everywhere

◆ **How to play :**

1. Print out bacterial patterns
2. Place them in different corners at home
3. Ask children to be a detective and locate all the 'bacteria'
4. Use a towel to clean and get rid of the bacteria

◆ **Materials :**

Bacterial patterns (appendix 1), towel/handkerchief



Cleaning Master

◆ **Goal :**

To help children understand and develop the habit of keeping our hands and bodies clean

◆ **How to play :**

1. Print out body part pictures
2. Place them in the transparent file
3. Use the whiteboard pen to draw creative symbols or marks that resemble bacteria on the file surface
4. Ask children to wipe off bacteria with paper towels

◆ **Materials :**

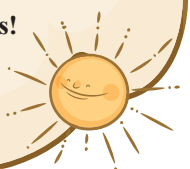
Body part pictures (appendix 2), transparent file, whiteboard pen, paper towels



Tip

Cleaning your hands is very important.

Parents can use visual image to teach children the proper hand washing steps! (Appendix 3)



The games above aim to help children understand more about the current health situation and increase their awareness in maintaining personal hygiene. Here are a few tips for parents to make the process more enjoyable:

1. 'Concentrate' and be attentive to your children during play,
2. 'Creativity' can enable you to join in on your children's imaginative world, and
3. 'Care' for your children's feelings

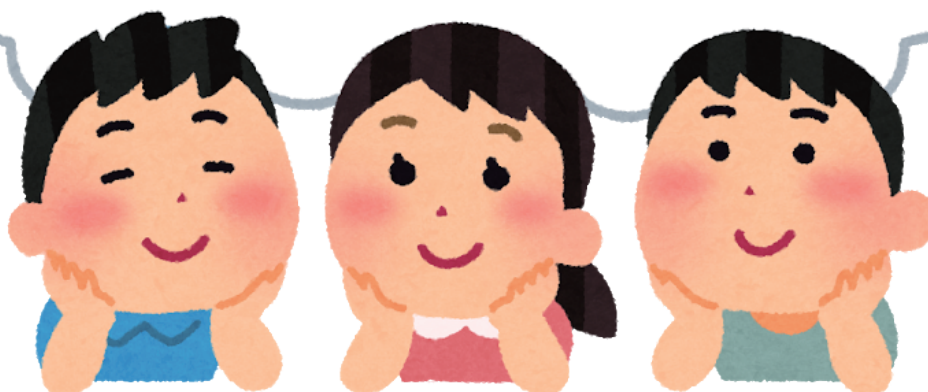
It is inevitable for children to be mischievous and make silly mistakes at times. During these times, parents should try to:

1. Be 'patient' and calm and
2. 'Praise' your children when they behave well

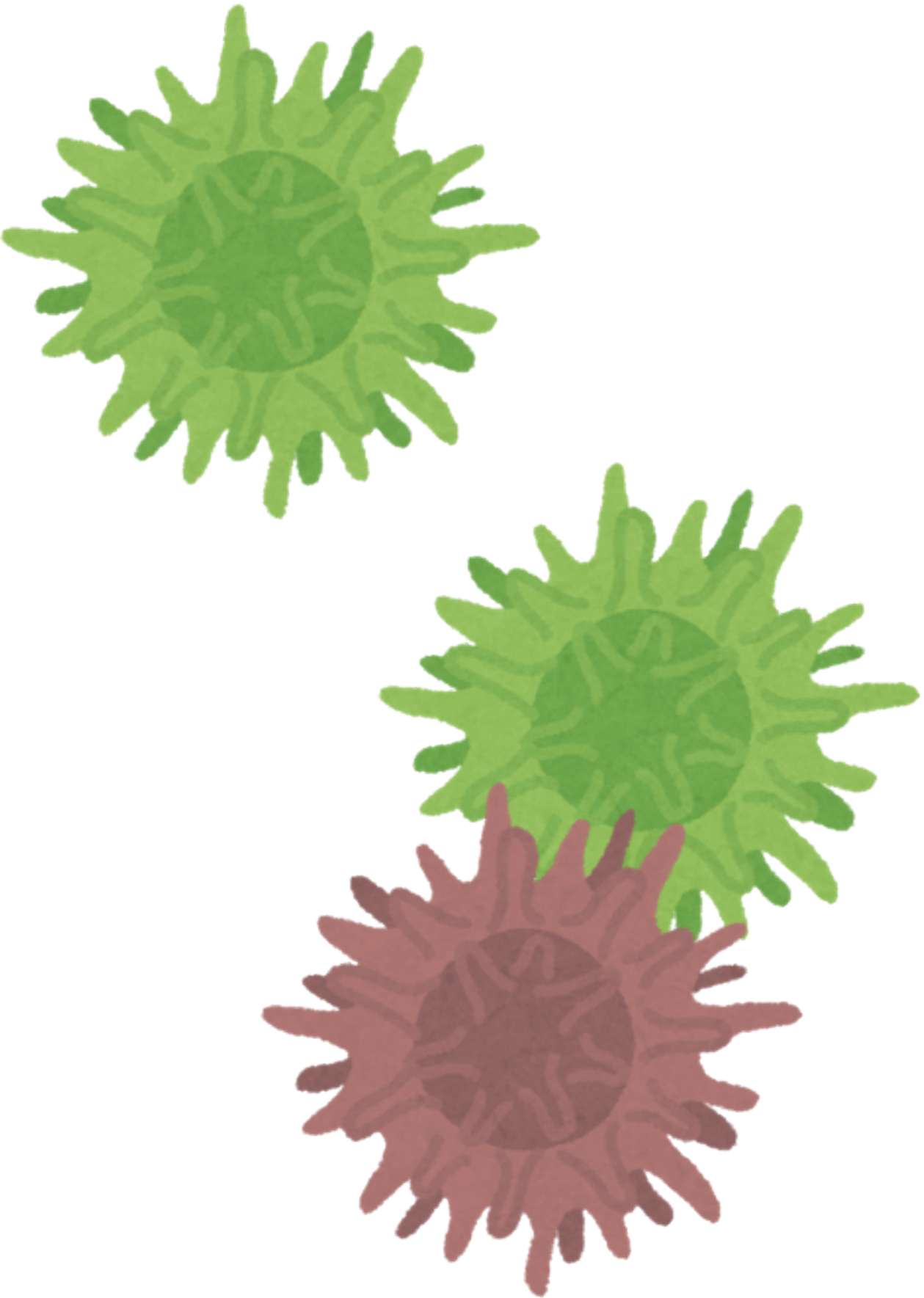
With these tips in hand, we hope you spend a wonderful and enjoyable time with your children!



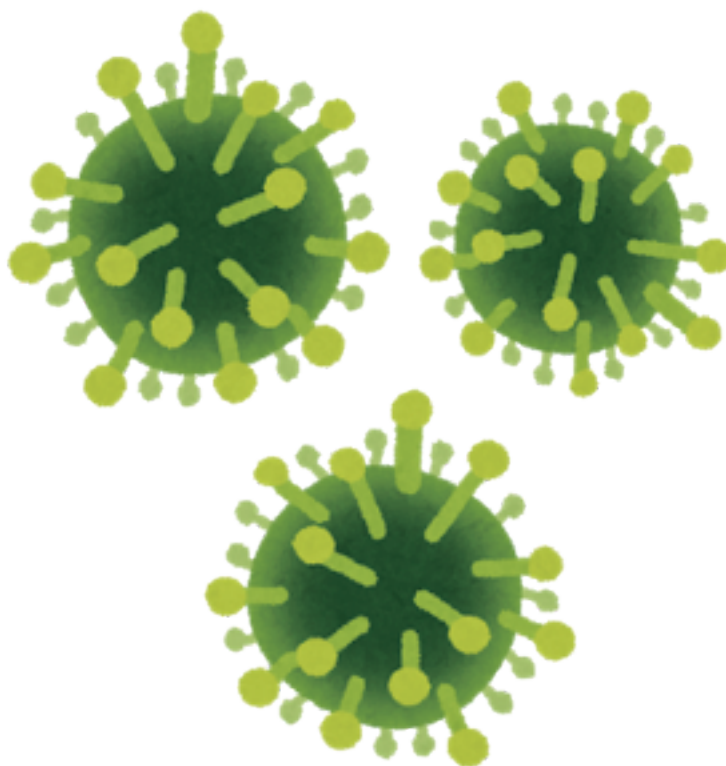
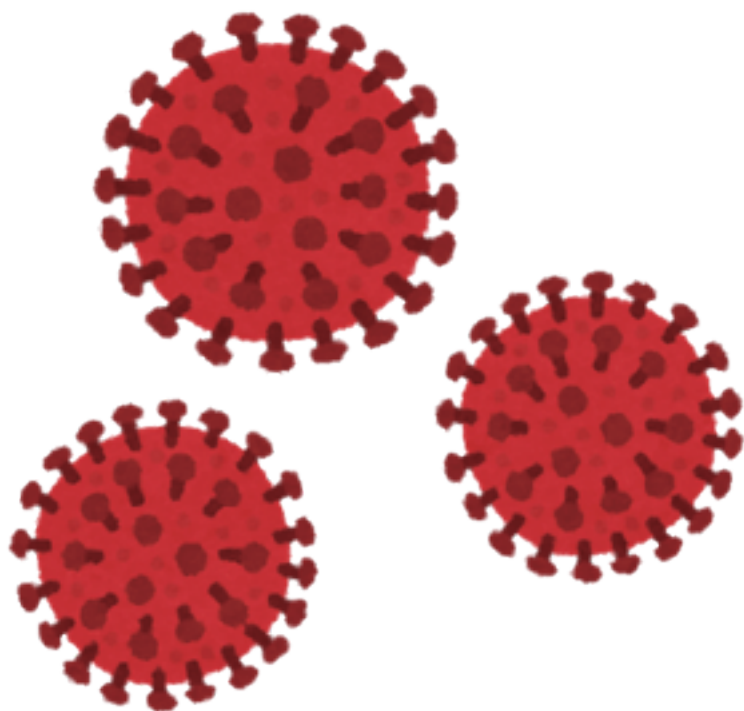
**For enquiry and consultation, please contact
Cheer-Up Station Hotline : 2116 0141
(Monday to Friday : 9am to 5:30pm)**



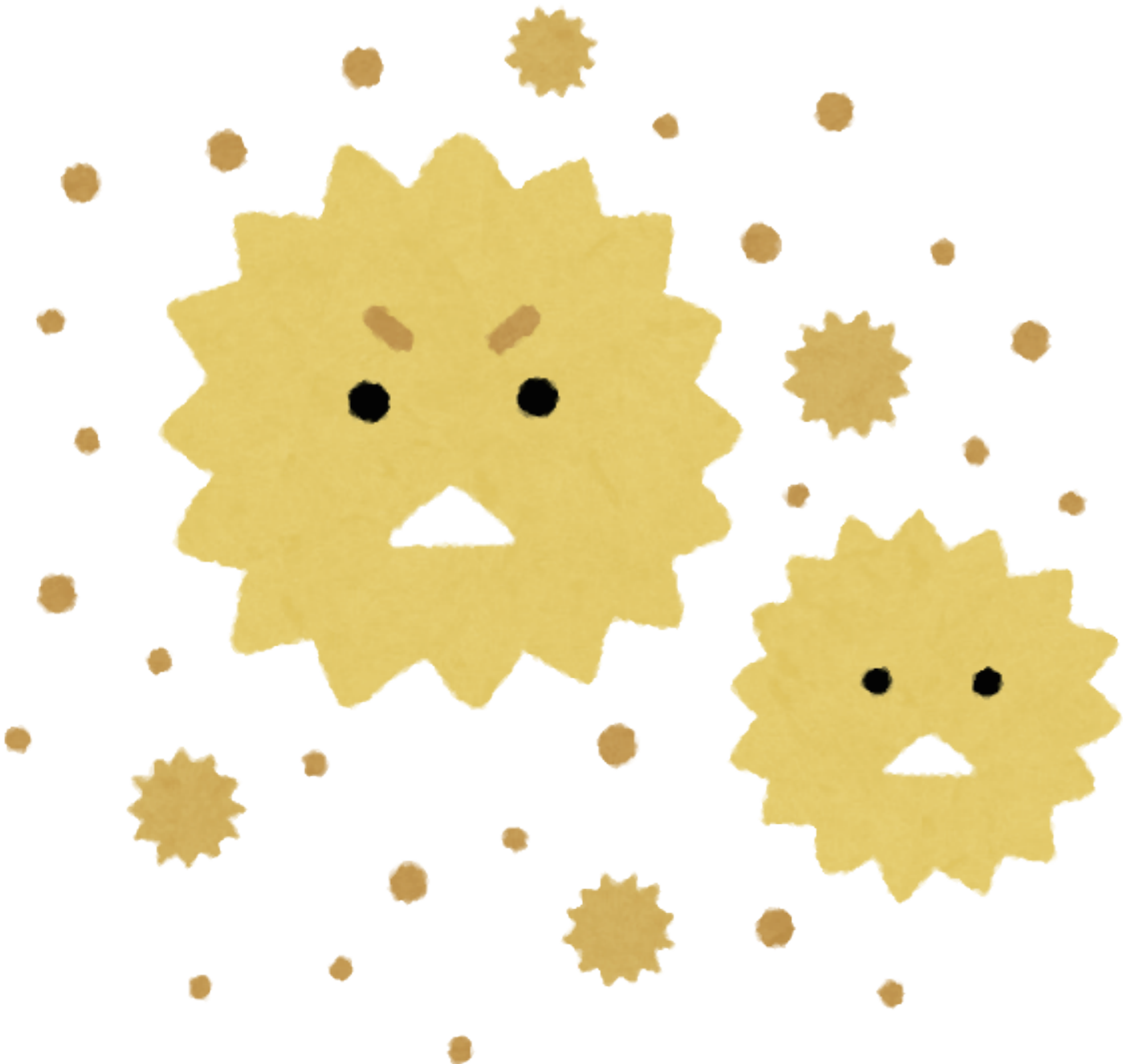
Appendix 1 – Bacterial Patterns



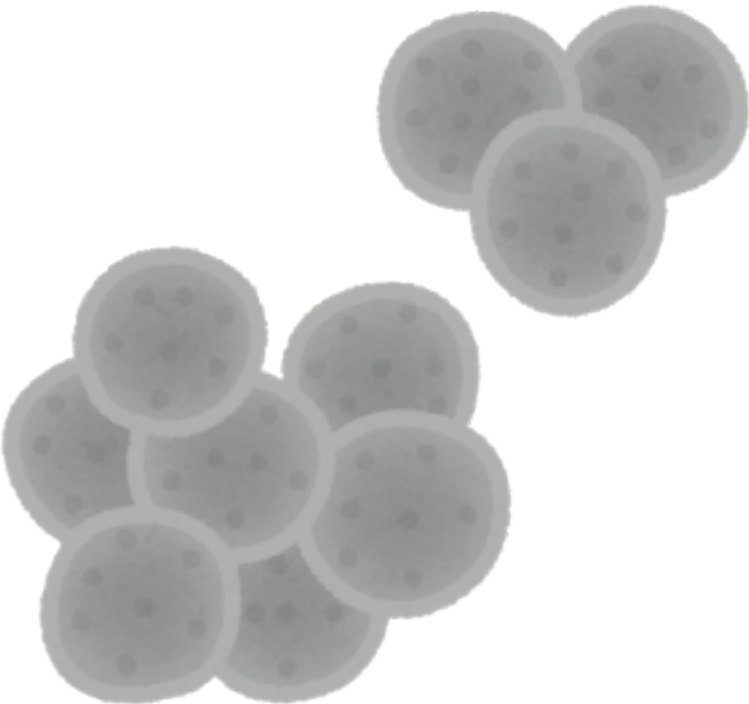
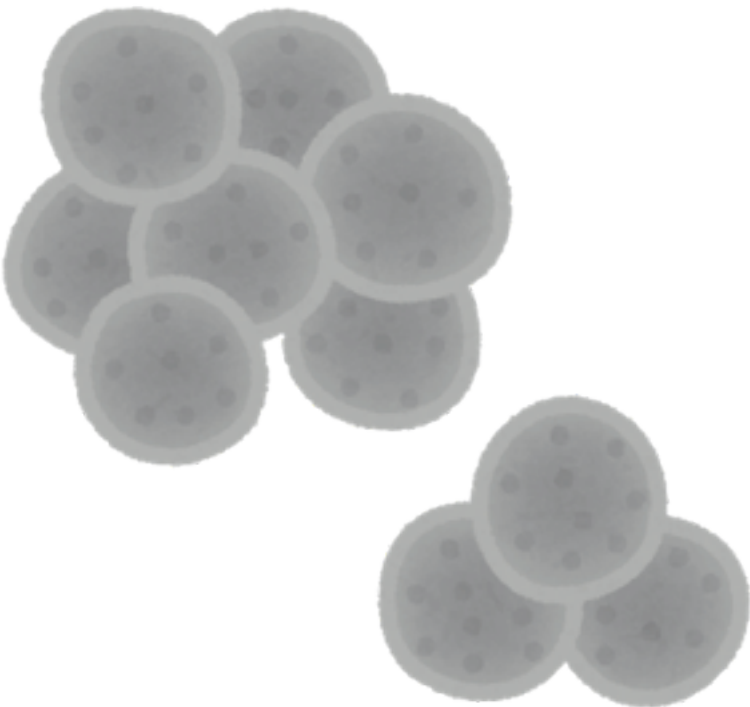
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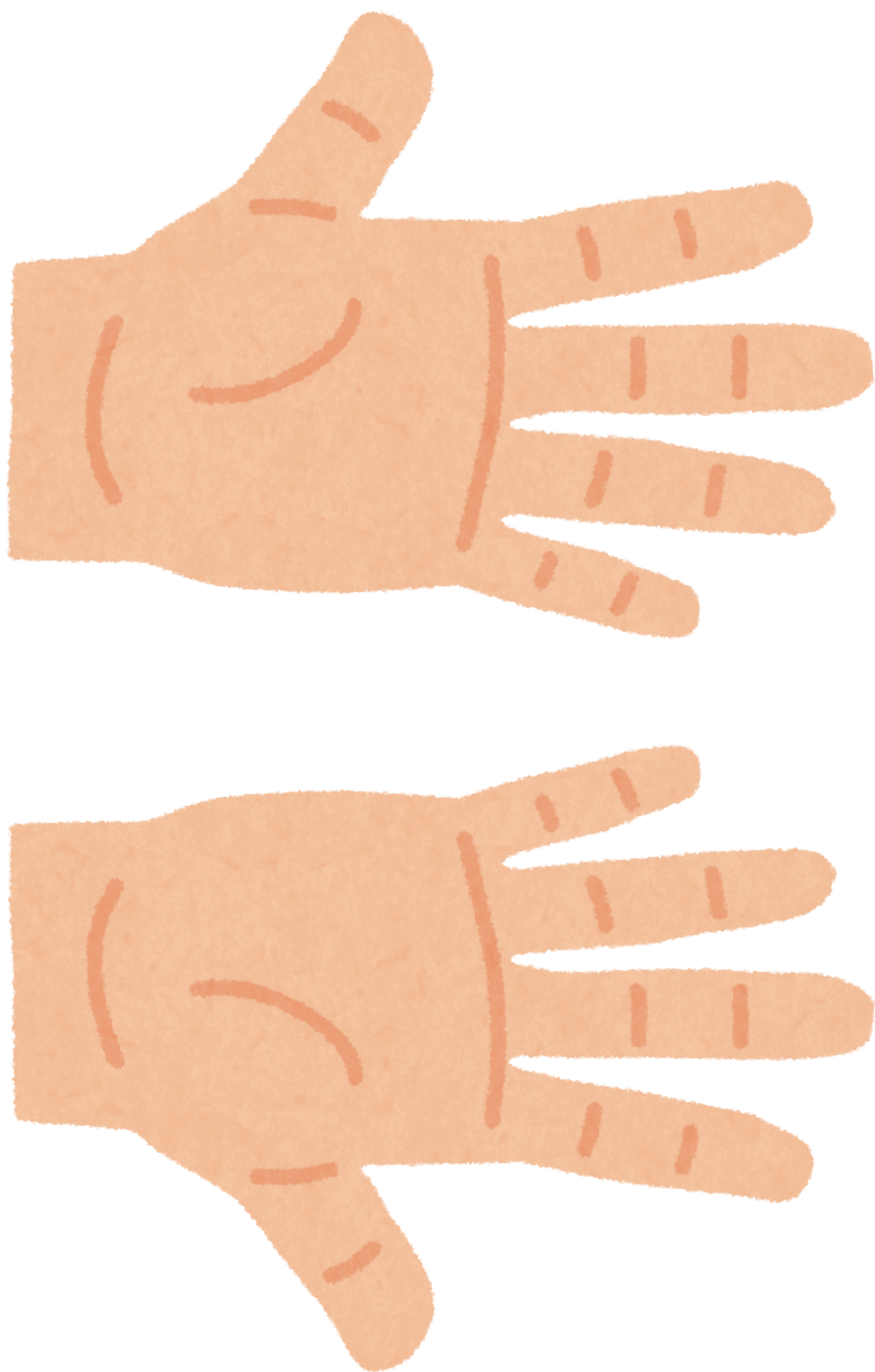
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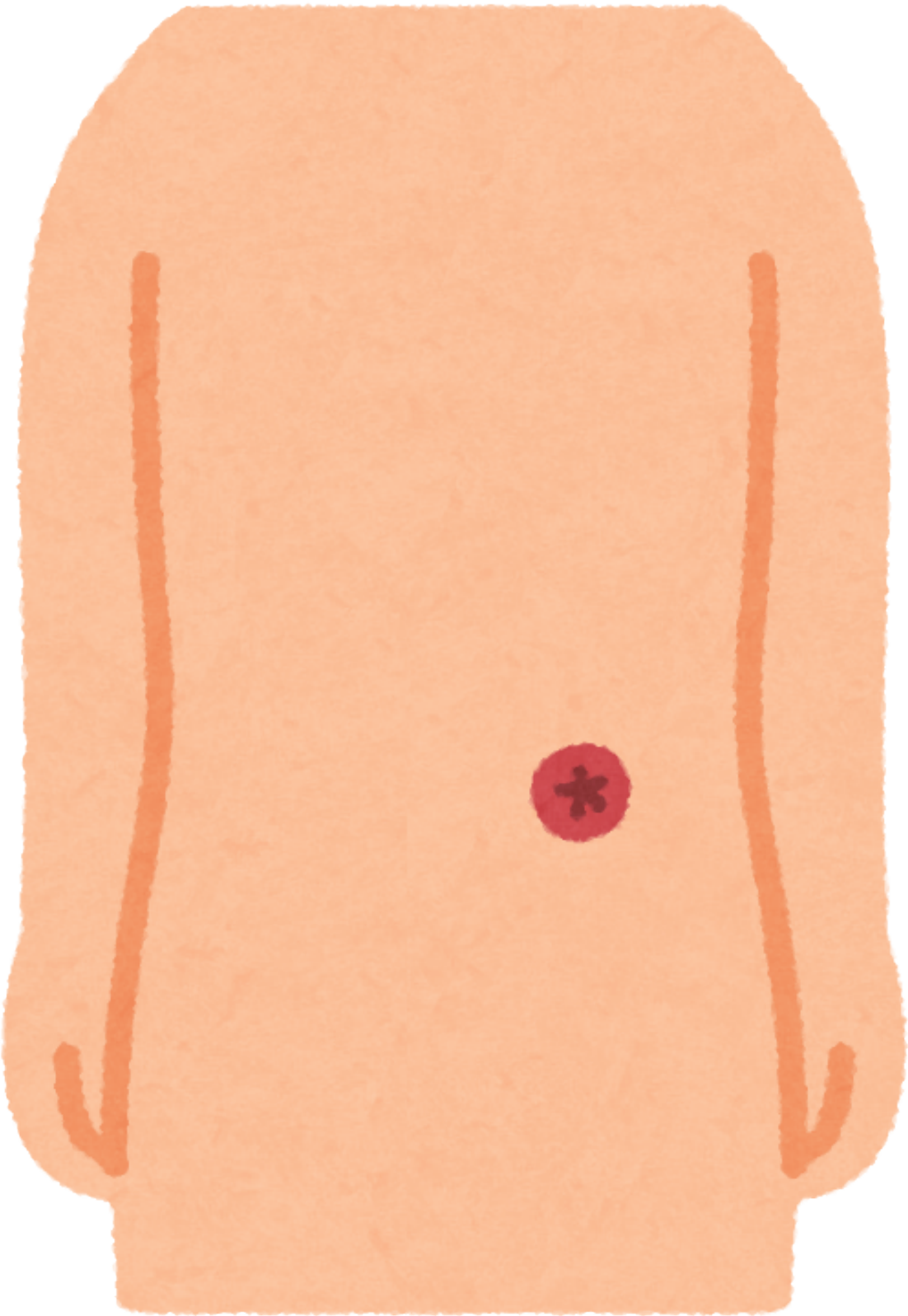
Appendix 1 – Bacterial Patterns



Appendix 2 – Body Parts



Appendix 2 – Body Parts



Appendix 2 – Body Parts



Appendix 3 - Proper Hand Washing Steps

