



HAND WASHING

Proper hand washing rules suggest that you should be scrubbing your hands together for about 30 seconds.

Make this task easier, and more fun, by introducing songs into the routine.

WHAT TO DO:

Pick a song that's at least 30 seconds long and don't stop scrubbing until the song is done!

Our personal favourite is 'Happy Birthday', however if you'd like something a little easier why not sing your ABC's!





SCRUBBING YOUR KNEES AND TOES

Trying to get kids to scrub in all those hard to reach, unseen places can be difficult.

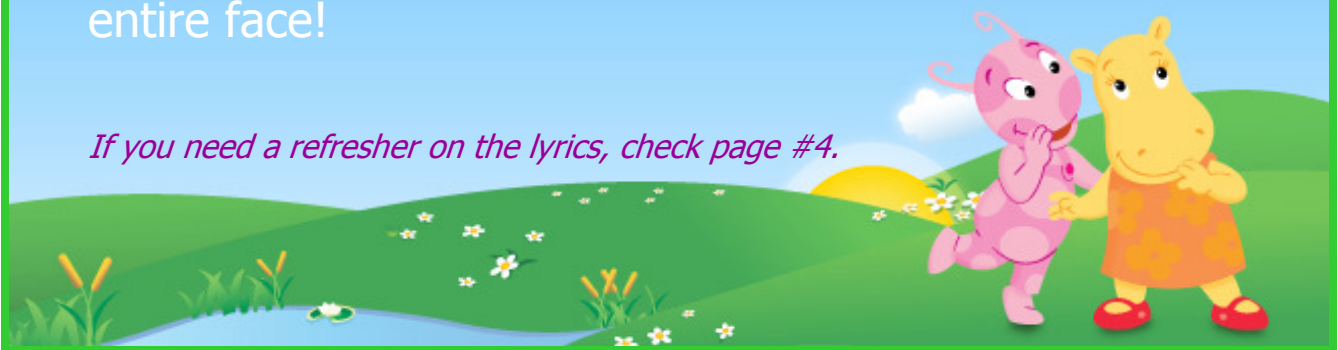
So, why not clean with the use of a well known song, 'Head, Shoulders, Knees & Toes'.

WHAT TO DO:

Have your child sing along and point out each area of the body as you sing through the song.

When a body part is called out in the song, give it a good cleaning with our Body Wash. Make sure to avoid the eyes and mouth, instead use that point in the song to encourage your children to clean their entire face!

If you need a refresher on the lyrics, check page #4.





COMBING THROUGH TANGLES

Every little girl get tangles, whether they've got short hair, long hair, curly or straight hair.

To alleviate the frustration, and pain, of tangles use the Leave-in Detangler.

WHAT TO DO:

Apply some Leave-in Detangler to your child's wet hair after their bath or shower and then comb through (no need to rinse out).

Make combing through hair a joy instead of a chore and start to encourage your little girl (or boy) to start combing their own hair.





Head, Shoulders, Knees & Toes

Head, shoulders, knees and toes,

Knees and toes,

Head, shoulders, knees and toes,

Knees and toes,

And eyes and ears and mouth and nose

