

## Healthy practices: Hand washing 101

Discuss with a group or write your responses to the following.

*Before the Vodcast:*

- Take a moment to think about the 'history' of hand washing. Has hand washing always been a healthy practice of society? As a program, have there been changes in hand washing practices, policies, and promotions over the years?

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- Think about all the times hands should be washed in child care programs (both the adults' and the children's hands). Make a list below. If in a group, designate someone to write the list as everyone shares ideas. Hands should be washed when:

*After the Vodcast:*

- Were you surprised that at one time hand washing practices were not used? Times have changed! Now we know how critical hand washing practices are. Without looking at the video vodcast or the hand washing poster, list the six proper hand washing steps in the space below. See how quickly you know your hand washing steps! Ready, set, go! Wash your hands the right way:

Follow up: How did you do? Use the hand washing poster or the video vodcast to make sure you listed all the steps.

