

How to Wash Your Hands

Color Elmo's handwashing steps below.
Hang this page by the sink to practice!

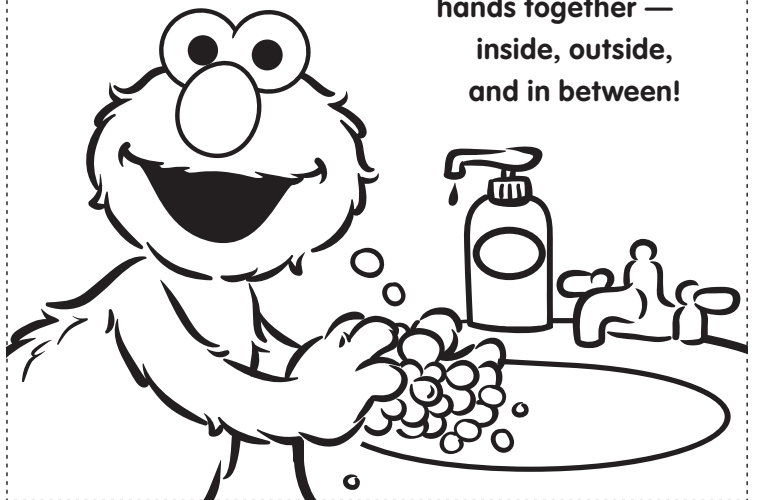
1

Wet your hands under running water.



2

Use soap, and scrub your hands together — inside, outside, and in between!



3

Rinse your hands under running water.



4

Dry your hands with a clean towel.





super teeth chart

Use this chart to encourage good habits that can make teeth healthy and strong. Hang it somewhere that is easy for your child to see. When your child finishes brushing, make a ✓ together for a job well done. When she sees the filled-in chart, your Super Brusher will have something to smile about!



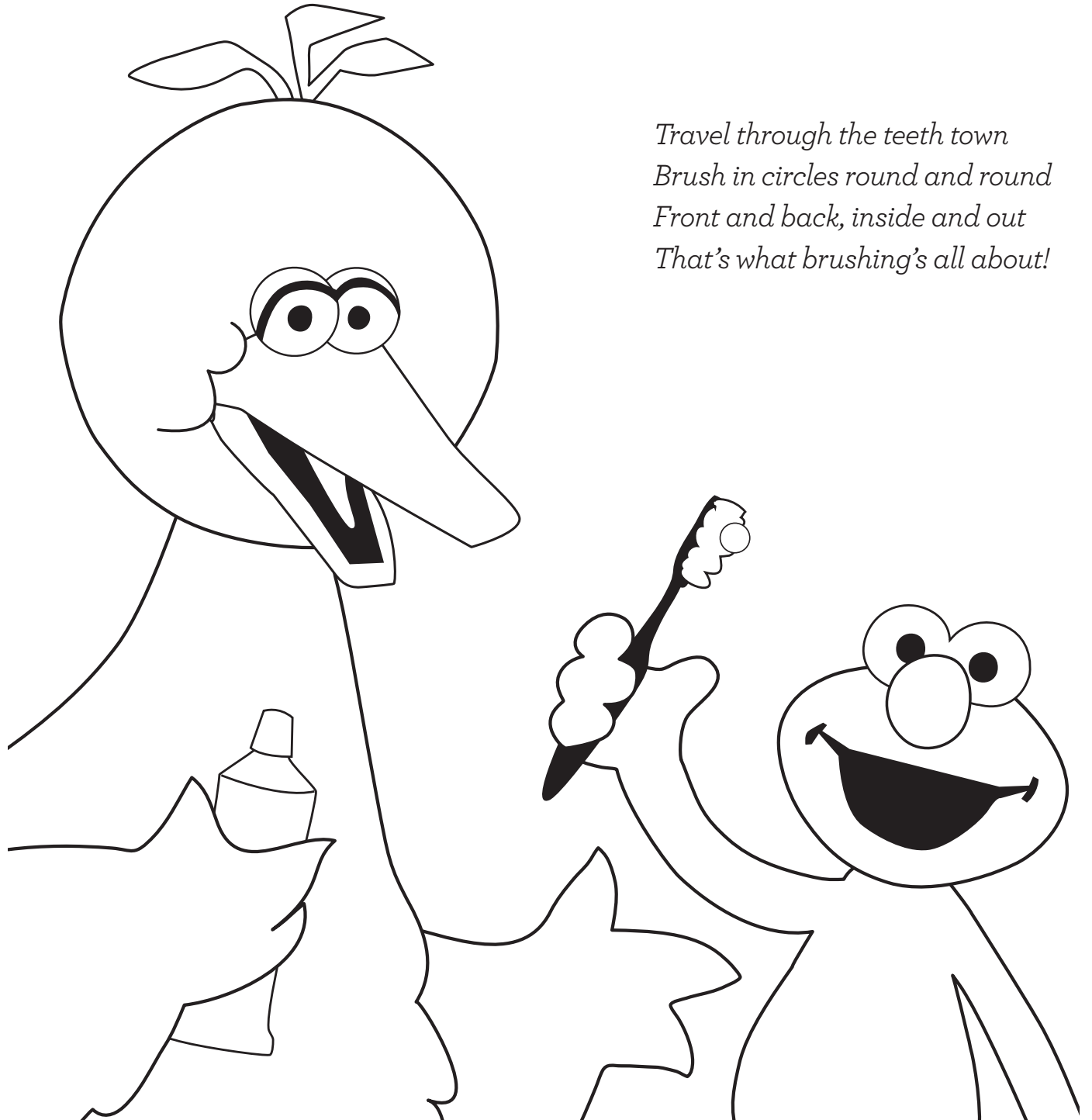
| sunday | monday | tuesday | wednesday | thursday | friday | saturday | |
|--------|--------|---------|-----------|----------|--------|----------|---------|
| | | | | | | | morning |
| | | | | | | | night |
| | | | | | | | morning |
| | | | | | | | night |
| | | | | | | | morning |
| | | | | | | | night |
| | | | | | | | morning |
| | | | | | | | night |

What other things have you done to keep your teeth healthy?



Teeth Town Rhyme

Color the picture. Say Big Bird and Elmo's rhyme before you brush your teeth.



*Travel through the teeth town
Brush in circles round and round
Front and back, inside and out
That's what brushing's all about!*

When to Wash

Elmo washes his hands with soap and water after he sneezes or coughs, before he eats, and after he uses the bathroom. Color this page and hang it by the sink!



Sing and Wash

Sing the "A-B-C" song while you wash your hands. That's how long you should wash for!

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