



This week at Making Moves, we are focusing on hygiene. Hygiene is a set of practices performed to keep yourself and your surroundings clean for the preservation of good health. You are a very important person and you are responsible for keeping yourself special and healthy. Hygiene is what keeps and promotes the health of people and the community. There are clean living habits everyone should try to follow. Let's learn the importance of cleanliness.

Examples of hygiene:

- **Dental hygiene** is made up of brushing your teeth with toothpaste at least two times each day, flossing your teeth often, trying not to eat too many sweets that will rot your teeth and seeing your dentist for regular check-ups. You

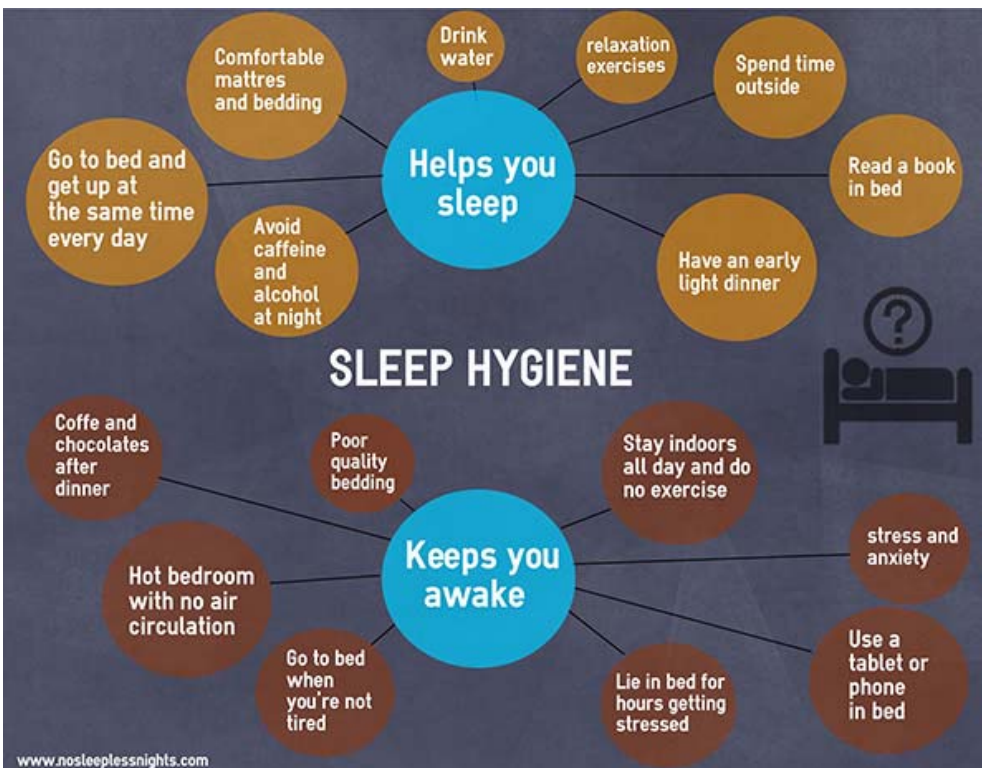


should also wear proper head gear to protect your teeth while playing contact sports. If you have any problems with your teeth or gums, you should see your



dentist as soon as possible.

- **Sleep hygiene** habits and practices that are conducive to sleeping well on a regular basis. Getting good sleep is important in maintaining health. There are several things that you can do to promote good sleep, and ultimately Get Better Sleep: 1) Maintain a regular sleep routine. 2) Avoid naps if possible. 3) Don't stay in bed awake for more than 5-10 minutes. 4) Don't watch TV or read in bed. 5) Do not drink caffeine inappropriate. 6) Exercise regularly. 7) Have a quiet, comfortable bedroom. 8) Have a comfortable pre-bedtime routine.



- **Personal hygiene** is a routine of personal care that keeps you clean and healthy. It involves regular care of your hair, skin, face, teeth, ears, hands, nails, and feet. Washing your hands properly is one of the **most important** things you can do to help prevent and control the spread of many illnesses. Good hand **hygiene** will reduce the risk of things like flu, food poisoning and healthcare associated infections being passed from person to person. As dancers, it's very important

to shower after dance class because you exert a lot of energy, which produces sweat. Also, it's always a good idea to freshen up your deodorant before class.

- **Feminine hygiene** is maintaining the cleanliness of a woman's vagina area, especially during her menstrual cycle. Feminine hygiene is also known as the personal care products used by women during menstruation. It's important for women of all ages to be very meticulous and consistent with maintaining the cleanliness of their vagina. Here are a few ways to stay fresh: Wear day pads; use feminine wipes; wash often; drink water; eat fresh foods.

Germ Farm



Here's a great way for your child(ren) to practice good hygiene before bed, use a chart!

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Getting Ready for Bed Chart

task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Get school books together	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take a bath	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Put on pajamas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brush teeth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wash face	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go potty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read story	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kiss family good night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get into bed and turn out light	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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HYGIENE TOTES

It's always a great idea to make a tote filled with all your personal hygiene products and always keep it in your dance bag. Here are some products to make sure you have:

- Deodorant
- Tampons/Pads
- Feminine Wipes
- Hair Comb/Brush
- Hair Ties
- Body Spray
- Body Lotion

