

William!



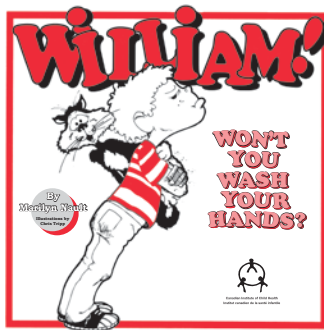
By
Marilyn Nault

Illustrations by
Chris Tripp

WON'T
YOU
WASH
YOUR
HANDS?



Canadian Institute of Child Health
Institut canadien de la santé infantile



William, Won't You Wash Your Hands?
has been written and illustrated to be read by
parents, caregivers and educators to young children.

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CCSPA CANADIAN CONSUMER SPECIALTY PRODUCTS ASSOCIATION®



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William Won't You Wash Your Hands? 3rd Ed., School Edition. Printed in Canada 2013, 2014, 2016.
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Également disponible en français sous le titre, *Vincent, veux-tu te laver test mains?*



**Hello.
My name is Max.**



**This is my friend William.
He goes to school.
His sister Sarah goes too.**



**William and I have fun together.
We play and play, but ... do you know what?**



William won't wash his hands!

**William won't
wash his hands, because ...
he says he's too busy!**



**Too busy ...
painting.**



**Too busy ...
playing.**



**Too busy ...
eating.**



**William *won't even* wash his hands
after going to the bathroom!**



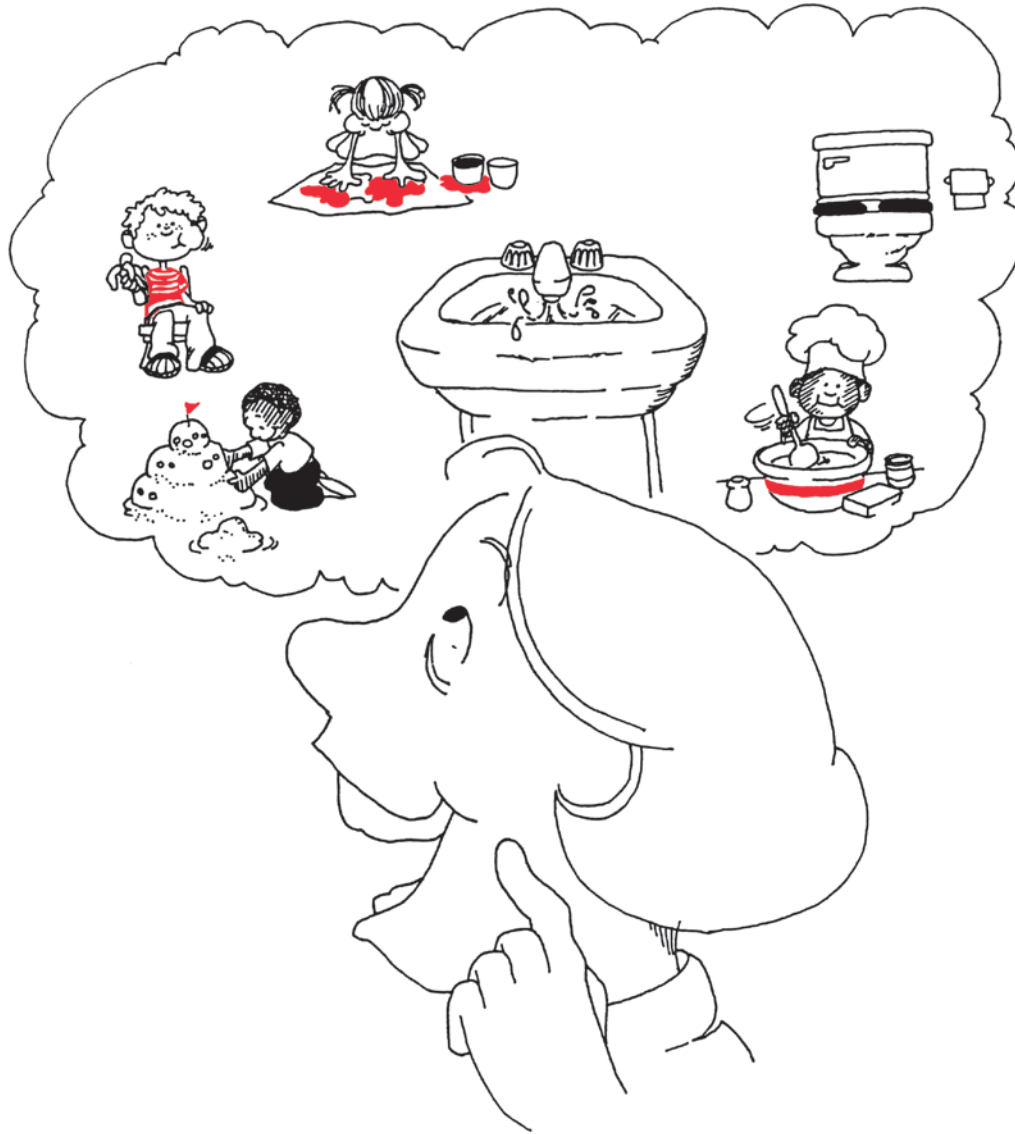
He says ...
the soap's too slippery!
the water's too wet!



**But I think the *real* reason
William won't wash his hands is that
William doesn't *know how*!**



**Today Ms. Smith talked about washing hands.
She said that washing hands helps keep people from
getting sick. It helps get rid of germs.**



**Ms. Smith reminded William and his friends
about the many times during the day
when it's important to wash hands.**



**Ms. Smith washed her hands.
She asked the children to wash their hands, too.**



**She looked at William and asked,
“William, won’t you wash your hands?”**



**Oh! Oh! What's William going to do *now*?
He's not too busy and...**



**He remembers that ...
the soap's too slippery!
the water's too wet!**



Ms. Smith quickly says, “Come on, William. Washing hands is fun. Let’s do it together.”



**William scrubs his hands with soap.
The soap *is* slippery!**



**He rinses his hands with water.
The water is wet!**



**He dries his hands with a clean towel.
It feels good. Washing hands *is* fun!**

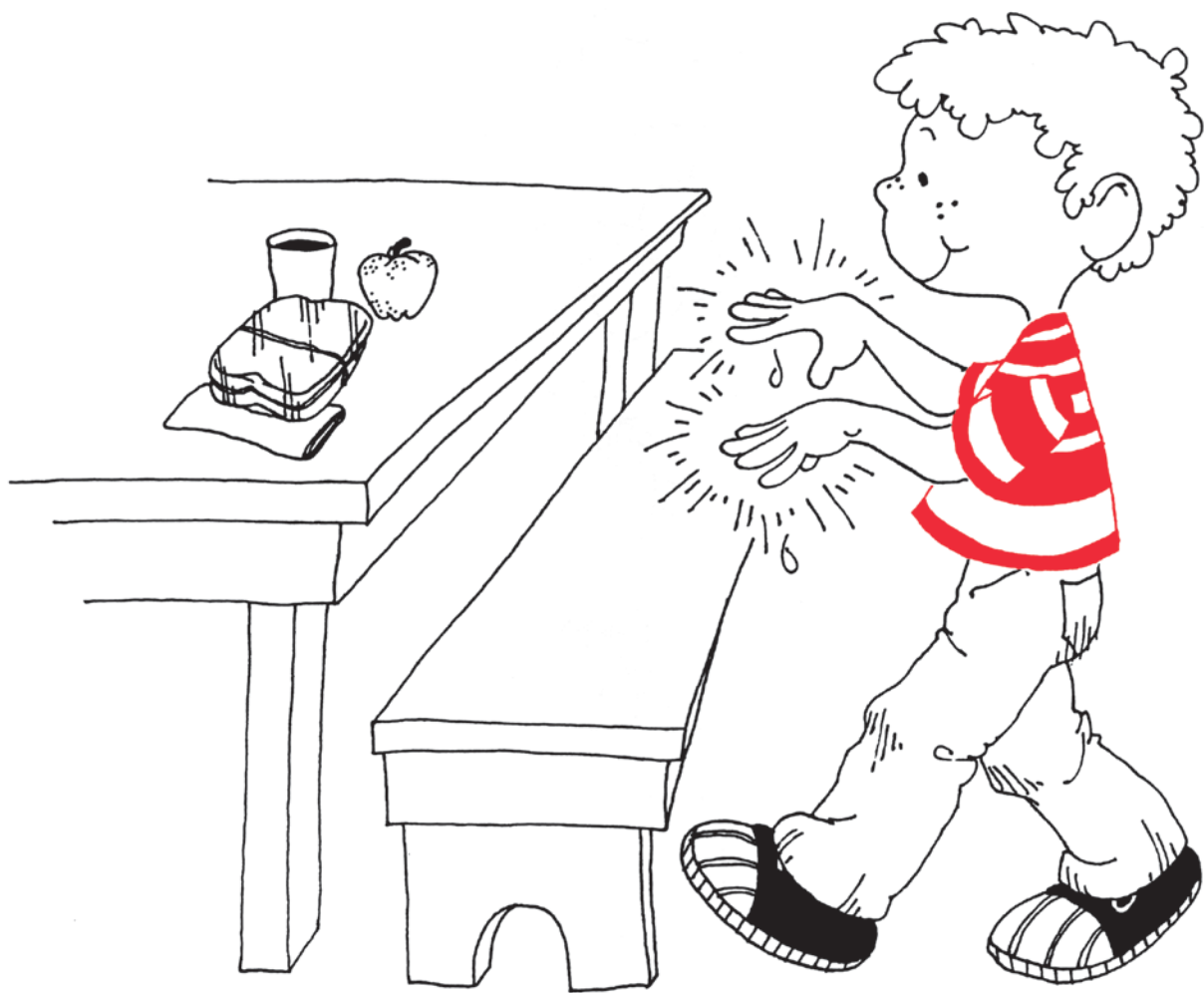
**Now William is
never too busy to wash
his hands!**



**He washes them...
after painting,**



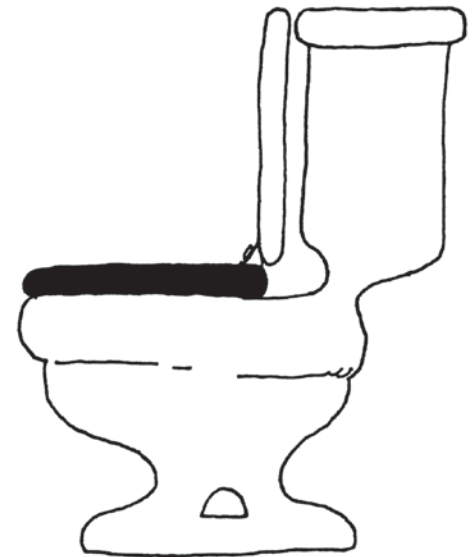
... after playing,



... before eating,



... after eating,



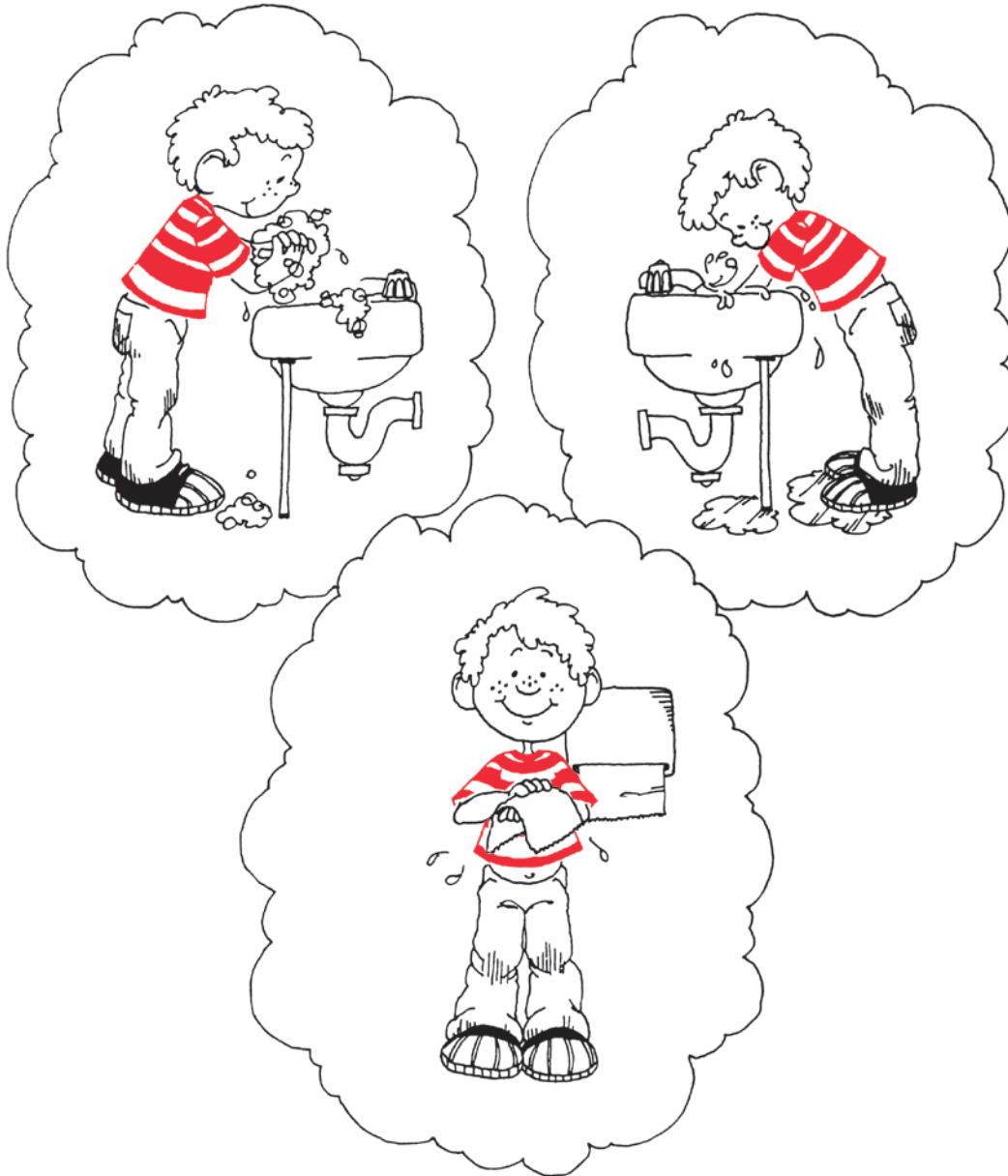
and ... *always* after going to the bathroom.



My friend William is happy.



I'm happy too!



**William finally
*knows how to wash his hands.***



He knows that clean hands will help keep him healthy.



William's now teaching his sister Sarah how to wash her hands. He wants her to stay healthy too.



**Now when anyone asks,
“William, won’t you wash your hands?”**



William answers ... "Yes!"

How To WASH YOUR HANDS



1. Wet hands



2. Soap



**3. Rub hands
for 15-20 seconds**



4. Rinse



5. Towel dry



**6. Turn off
tap with towel**

Tips for Educators and Parents

Make Handwashing Easy

- Have a safe step-stool so children can reach sinks and taps
- Use liquid hand soap – it's easier and better
- Have clean towels or paper towels
- Take wet wipes, soap paper, or hand sanitizers to “make do” when washing facilities aren't available.

Make Handwashing Fun

- Make handwashing a game – notice how nice and slippery the soap feels and enjoy the soap suds
- Sing handwashing songs like this one:

(Tune of Row, Row, Row Your Boat)

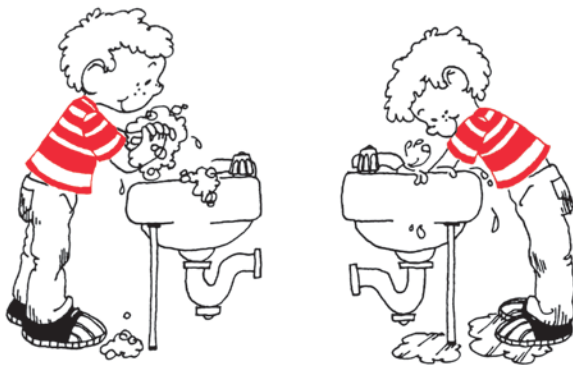
Wash, wash, wash your hands

Play our handy game.

Rub and scrub and scrub and rub

Germs go down the drain.

(Sing twice for 15–20 seconds)



Why Handwashing Keeps Us Healthy

Germs that make people sick can be passed to others on our hands. Handwashing is the best way to stop the spread of infection. Regular handwashing must be an everyday habit for everyone.

Parents, caregivers and teachers are role models for children. Start the handwashing habit early by washing a baby's hands after diapers are changed.

When Hands Need to be Washed

Children's hands should be washed –

- after using the toilet
- before touching or eating food
- after playing outside
- after being diapered
- after sneezing, coughing, or using a tissue

Adults should wash their hands –

- after using the toilet
- after taking a child to the toilet
- after changing diapers
- before feeding a child, preparing food or eating
- after cleaning up body fluids such as vomit
- after wiping noses
- after sneezing, coughing, or using a tissue
- before giving medicine or applying cream
- after taking care of a sick child

Handwashing is the Best Way to Reduce the Spread of Infections

How are infections spread?

Infectious diseases (colds, flu and upset stomachs) can make life unhappy for children, parents, caregivers and educators. We can't stop all infections, but we can control spreading germs.

Germs can be passed from person to person through contact or just from being in the same room. Toy sharing, hugging and kissing are all quick ways to pass germs, but shouldn't be discouraged. What must be encouraged is handwashing.



**Wipe Your Nose
with a Tissue**



**Cough and Sneeze
into Your Elbow**

Preventing the spread of germs

Everyone's help is needed to control the spread of germs. Parents, children, caregivers and educators must work together to stop germs from spreading. The following activities are key:

- **Handwashing** is the best way to stop germs from spreading. Everyone must wash their hands after going to the toilet, changing a diaper, after caring for or cleaning up after someone who is sick, and before making or eating food.
- **Immunization** – Both children and adults should have up-to-date vaccinations (shots.) Contact your local health department for a list of funded vaccines in your province.
- **Illness** – Children should stay home when they are sick. Parents need a back-up plan at these times.
- **Communication** – Parents should tell caregivers and teachers about their child's health.
- **Keep it Clean** – Make sure that your kitchen, bathroom and toys are kept clean and disinfected.
- **Discourage children from sharing** clothing, combs, brushes and toothbrushes.

Make Handwashing Fun

There are many ways to make handwashing fun. The following activities can help children strengthen the habit of handwashing in a fun and engaging way:

- Try creating new songs or rhymes together to familiar tunes
- Draw pictures about handwashing and make placemats, posters and collages
- Play 'Simon Says' *do this* (walking to the sink); *do that* (action of turning on the water) *Continue with* scrubbing with soap, rinsing with water, drying with towel and showing clean hands.

Here are few action songs, rhymes and finger plays to use with your child:



Action Rhyme:

I Take My Little Hands

I take my little hands
And go clap, clap, clap.
I take my little hands
And go clap, clap, clap.
I take my little hands
And go clap, clap, clap;
Clap, clap, clap my hands.

I take my little hands
And go scrub, scrub, scrub.
I take my little hands
And go scrub, scrub, scrub.
I take my little hands
And go scrub, scrub, scrub;
Scrub, scrub, scrub my hands.

Continue with: Rinse...
Dry...

Finger Play: **Dirty Hands**

Dirty hands are such a fright.
See, I washed mine clean and bright! (hold hands out, palms up)
Mother says it is quite right
To wash them morning, noon and night.

Original Source: Cromwell, Lizi & Hibner, Dixie (1983). Finger Frolics. Gryphon House: Mt. Rainer, Md.



Action Song: **Healthy Habits Song** (*Tune: Mulberry Bush*)

This is the way we wash our hands,
Wash our hands, wash our hands.
This is the way we wash our hands,
So early in the morning.

This is the way we wash our face,
Wash our face, wash our face.
This is the way we wash our face,
So early in the morning.

Continue with: Brush our teeth...
 Comb our hair...
 Shampoo our hair...
 Take a bath... etc.



Original Source: City of Toronto, Department of Public Health Infection Control Programme for Day Nurseries

Multilingual Handwashing Resources



As part of the Mission for Health campaign, Lysol is working with CICH to ensure that as many parents and children as possible in Canada know about the importance of handwashing to stay healthy.

English language handwashing Fact Sheets for parents to use with children are available at <http://www.cich.ca/willenglish.html>

Des feuillets d'information sur le lavage des mains à l'intention des parents désireux de les utiliser avec leurs enfants sont disponibles à l'adresse <http://www.cich.ca/willfrench.html>

有关家长和孩子洗手方面的注意事项，请参考 <http://www.cich.ca/willmandarin.html>

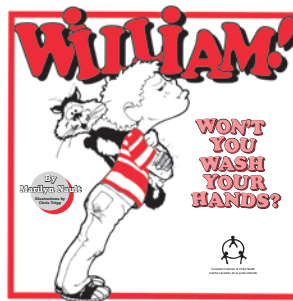
تتوفر صفحات معلومات عن غسل اليدين
ليستعملها الأهل مع أبنائهم على موقع الإنترنت:
<http://www.cich.ca/willarabic.html>

ਮਾਪਿਆਂ ਵੱਲੋਂ ਬੱਚਿਆਂ ਨਾਲ ਰਲ ਕੇ ਵਰਤਣ ਲਈ
ਹੱਥ ਧੋਣ ਬਾਰੇ ਤੱਥਨਾਮੇ ਇਸ ਪਤੇ 'ਤੇ ਉਪਲਬਧ ਹਨ:
<http://www.cich.ca/willpunjabi.html>

Las hojas informativas sobre el lavado de las manos para que los padres usen con sus niños estan disponibles en <http://www.cich.ca/willspanish.html>

CICH acknowledges with great thanks a grant from CCSPA and Lysol® that made possible the printing and dissemination of this storybook to early learning centres and elementary schools.

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Ordering Additional Copies

Please visit www.cich.ca to order storybooks, kits or other publications and resources.

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The Canadian Institute of Child Health is a national charitable organization dedicated to promoting the health and well being of all children and youth in Canada through monitoring, education, and advocacy.



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