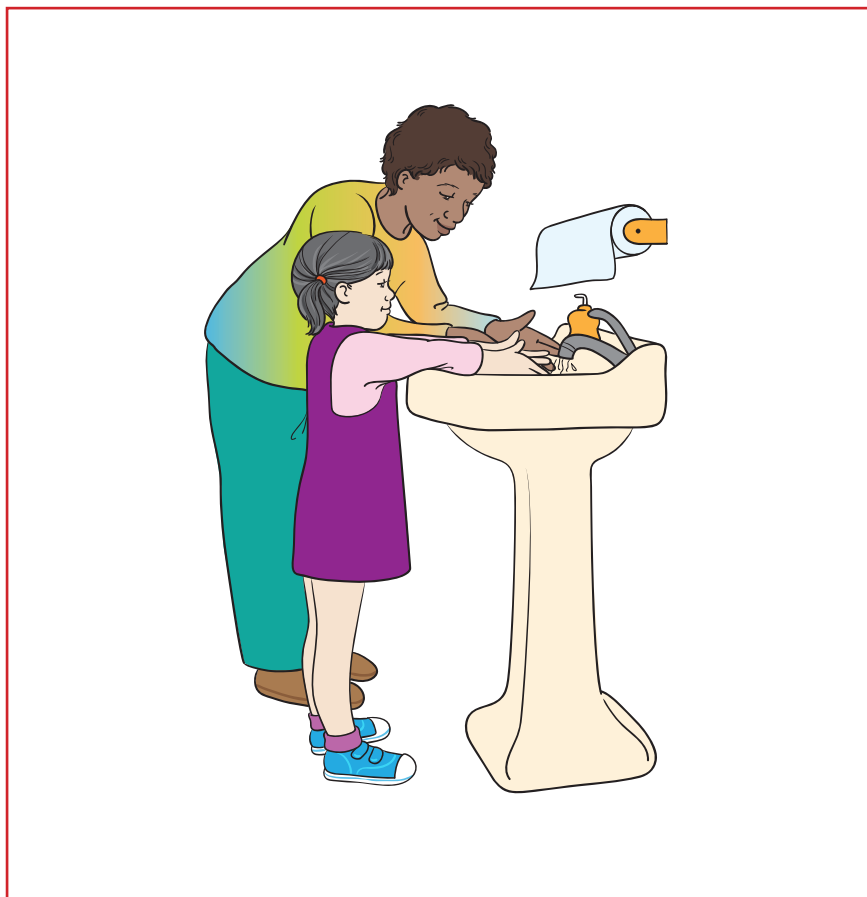


Food Safety Family Materials

Sample Letter to Parents About Handwashing



Note to the child care provider: To meet the child's needs, you should work closely with the parents. This form letter will help you to explain the importance of handwashing.



Dear Family,

Each day we take steps to keep the children in child care healthy. One health habit proven to reduce illness is washing hands.

We are teaching children the right way to wash hands. You may notice your child uses these steps at home.

- Use soap and warm, running water. Liquid soap is best. Bar soap can be a source of germs.
- Rub hands together fast for at least 20 seconds. Sing two verses of the *ABC Song* or another favorite song that takes about 20 seconds. It is a fun way to help children learn how long to wash their hands.
- Wash all the way up forearms. Wash between fingers and under fingernails.
- Rinse hands thoroughly.
- Dry hands with a paper towel and use it to turn off faucets; then throw away the paper towel. Cloth towels, when used more than once, can spread germs.

The children are learning to wash their hands several times a day, including

- before meals;
- after using the toilet;
- after playing outside or with pets; and
- after sneezing, coughing, or using a tissue.

Other steps we use to reduce the spread of germs are to sanitize and disinfect often. Sanitizing and disinfecting help to kill germs on surfaces. We disinfect the hard surfaces, such as counters, tables, and diaper-changing areas, often.

- An example of disinfectant is $\frac{1}{4}$ cup bleach to 1 gallon of warm water.
- After wiping with disinfectant, let the surface air dry.

We care about the health of the children. When we work together with families, we help keep children healthy.

Sincerely,

Your Child's Caregiver
