



Life-Skills:

Wash Our Hands

Ages 1 year to 2 years

Objective: The child will learn the importance, meaning, and proper way to wash their hands.

Materials needed:

- A sink
- A towel
- Hand-soap

Procedures

1. Either at the kitchen sink or bathroom sink, hold your child up. **Get them a small stool to stand on next to the sink, if available.**
2. Turn on the facet water. Put your child's hands in the water. Describe to them with your words what you are doing and what they are feeling. ("Water. Can you feel the wet water? The water is cold/hot/warm.") Ask them what they feel?
3. Now put a small amount of soap on their hands and use your hands to scrub them, making soap bubbles. Use words to describe what you're doing. ("Soap. Scrub your hands. Look, Bubbles")



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4. Now allow all of the soap to be washed off under the water. Use words to describe what you're doing to your child. ("Wash off all the soap. Bubbles all gone.")

5. Now take the towel and dry off your child's hands. Use words to describe to them what you're doing. ("Towel. Dry your hands. All clean.")

6. Using words to express the action that you are doing helps build language development. It also builds the key factor to a child's comprehension and meaning to actions that are taking place in their day-to-day world. This is extremely important for you to consistently do as you are teaching your child, always use words to describe to them what you're doing. As they get older, always ask them questions.

Milestones to meet:

The child builds comprehension for hand-washing.

Evaluation:

Did this lesson work for your child? Why or why not?