

IDAHO EARLY LEARNING EGUIDELINES

GOAL 23: CHILDREN DEMONSTRATE PERSONAL HEALTH AND HYGIENE SKILLS.

Domain 2: Motor Development, Physical Well-Being, and Health

Sub-Domain: Health

[Birth through 8 Months](#)

[6 to 18 Months](#)

[16 to 38 Months](#)

[36 to 60 Months](#)

[60 Months through Kindergarten](#)

DOMAIN 2: MOTOR DEVELOPMENT, PHYSICAL WELL-BEING, AND HEALTH			
SUB-DOMAIN: HEALTH			
DAILY LIVING SKILLS			
GOAL 23: CHILDREN DEMONSTRATE PERSONAL HEALTH AND HYGIENE SKILLS.			
Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
Birth through 8 Months	Infants react and respond to an adult performing hygiene care giving.	<ul style="list-style-type: none"> ▪ Responds to vocalizations during routines including diaper changing, eating, and dressing. ▪ Indicates needs and wants such as hunger, fatigue, a soiled diaper, or discomfort. ▪ Anticipates routines. 	<ul style="list-style-type: none"> ▪ Ensure that child receives regular checkups that include appropriate screenings, immunizations, preventive care, and information about child development. ▪ Establish a system for keeping records and documents for personal health and care of the child. ▪ Establish dental care for child. ▪ Offer eye contact to infant during personal care, watching for stimulation and overstimulation as you engage the baby. ▪ Talk with child about the personal care you are offering to the child and describe what you're doing when bathing, diapering, dressing, and cleaning. ▪ Build routines for daily care giving activities. ▪ Provide hand washing at appropriate times (hands can be washed with a damp paper towel and a drop of soap then wiped dry with a paper towel before and after eating and, after diapering). ▪ Make bath times safe and enjoyable (e.g. provide safe bath toys, sing songs, tell stories). ▪ Shield infant's eyes, and protect infant with blanket, hats, and/or appropriate clothing when in the sun.

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Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
6 to 18 Months	Anticipate, respond, and participate in basic hygiene tasks, with assistance.	<ul style="list-style-type: none"> ▪ Indicates needs and wants such as hunger, fatigue, a soiled diaper, or discomfort. ▪ Displays an awareness of hand washing routine and allows hands to be washed. ▪ Vocalizes needs and wants such as hunger, fatigue, a soiled diaper, or discomfort. ▪ Participates in hand washing routine. ▪ Begins to brush gums and teeth, with assistance. ▪ Participates in bath time routines. 	<ul style="list-style-type: none"> ▪ Ensure child receives regular checkups that include appropriate screenings, immunizations, preventive care, and information about child development. ▪ Use a systematic record keeping system to document child's personal health. ▪ Provide ongoing dental care for child. ▪ Understand and recognize typical signs of illness or discomfort in child and respond appropriately, seeking assistance as needed (e.g. teething, earache, diaper rash, diarrhea). ▪ Provide hand washing at appropriate times. Hands can be washed with a damp paper towel and a drop of soap then wiped dry with a paper towel before and after eating and after diapering, crawling across floors, or as appropriate. ▪ Establish hygiene routines and model them (washing hands before eating, brushing teeth). ▪ Provide necessary hand washing assistance (wash hands using liquid soap, running water, and disposable towels). ▪ Use sunscreen to protect skin from sunburn, hats and sunglasses to protect eyes.

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Age Range	Developmental Growth	Child Indicators	Caregiver Strategies
16 to 38 Months	Show some awareness of personal health and hygiene skills.	<ul style="list-style-type: none"> ▪ Indicates wet or soiled diaper by pointing, vocalizing, or pulling at diaper, when prompted. ▪ Shows interest in toilet training and begins to use toilet regularly by 36 months, with assistance. ▪ Participates in bathroom routines. ▪ Washes and dries hands at appropriate times, with minimal assistance (after diapering/toileting, before meals, after blowing nose). ▪ Uses tissue to wipe nose, with assistance. ▪ Communicates with caregiver when feeling uncomfortable or un-well. ▪ Cooperates and assists with tooth brushing. ▪ Begins to choose appropriate amounts of food to put on plate. ▪ Can serve self from small pitchers and bowls. 	<ul style="list-style-type: none"> ▪ Ensure child receives regular checkups that include appropriate screenings, immunizations, preventive care, and information about development. ▪ Use a systematic approach to record keeping concerning the child's health. ▪ Provide ongoing dental care for child. ▪ Model and practice proper hand washing and drying. ▪ Provide necessary hand washing assistance to include liquid soap, running water, and disposable towel. ▪ Support child's efforts in toileting, brushing teeth, bathing. ▪ Offer space and child-sized utensils to support personal hygiene as children learn to eat hygienically. ▪ Show child how to cleaning self; acknowledge child when he/she does self-care. ▪ Talk with child about health rules (cover mouth when coughing; throw away soiled tissues in wastebasket). ▪ Model words to describe symptoms of illness ("I feel hot today." "My tummy is full." "I cut my finger. It stings."). ▪ Have a set of clean clothes always ready for child to change into. ▪ Use sunscreen to protect skin from sunburn, and sunglasses and hats to shield eyes.

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36 to 60 Months	Demonstrate independence in personal hygiene skills.	<ul style="list-style-type: none"> ▪ Takes care of own toileting needs. ▪ Washes and dries hands before eating and after toileting, without assistance. ▪ Cooperates and assists caregiver with tooth brushing. ▪ Identifies health products (shampoo, toothpaste, soap). ▪ Covers mouth and nose when coughing and sneezing with elbow or tissue. ▪ Uses tissue to wipe own nose and throws tissue in wastebasket. ▪ Recognizes and communicates when experiencing symptoms of illness. ▪ Cooperates and participates in care for acute and chronic illness (takes medicine, with assistance). 	<ul style="list-style-type: none"> ▪ Ensure child receives regular checkups that include appropriate screenings, immunizations, preventive care, and information about development. ▪ Use a systematic approach to record keeping concerning the child's health. Provide ongoing dental care for child. ▪ Establish hand washing routines (wash hands using liquid soap, running water, and disposable towels) for appropriate times throughout the day (on arrival, after handling pets, before and after eating, after toileting and blowing nose, after outdoor play). ▪ Provide opportunities for child to select personal hygiene items for self and others (select own toothbrush, washcloth). ▪ Make a place for child's personal grooming. ▪ Provide child with enough time to take care of personal hygiene. ▪ Provide opportunities for child to interact with health care workers (dentist, nurse, health aide, doctor). ▪ Use sunscreen to protect skin from sunburn, and sunglasses and hats to shield eyes.

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60 Months through Kindergarten	Initiate and independently carry out personal hygiene skills, with or without assistance.	<ul style="list-style-type: none"> ▪ Washes hands independently at appropriate times throughout the day. ▪ Brushes teeth and attempts flossing, with supervision; and then allows assistance to complete the process. ▪ Washes face, without assistance. ▪ Covers mouth and nose with tissue or elbow when coughing and sneezing. ▪ Demonstrates an awareness of routines for maintaining good health. 	<ul style="list-style-type: none"> ▪ Ensure child receives regular checkups that include appropriate screenings, immunizations, preventive care, and information about child development. ▪ Use a systematic approach to record keeping concerning the child's health. ▪ Offer stories, poems, songs, that increase children's knowledge about personal hygiene. Provide ongoing dental care for child. ▪ Encourage child to verbalize why personal hygiene is important. ▪ Demonstrate and explain the importance of hygiene for good health. ▪ Establish hand washing routines (wash hands using liquid soap, running water, and disposable towels) during appropriate times throughout day (on arrival, after handling pets, before and after eating, after toileting and blowing nose or sneezing, after outdoor play). ▪ Use sunscreen to protect skin from sunburn, and sunglasses and hats to shield eyes.