



## One Page Resource: Creating Healthy Habits in NM PreK Classrooms

### What Teachers Should Do To Prepare for a Healthy School Year:

\*Make a sign for the classroom door to help remind staff, children and visitors to wash their hands upon arrival for the day and each time they reenter the classroom. Staff and children should also wash their hands after sand or messy play, before/after water play, and after touching pets or contaminated objects.

\* Create a plan amongst classroom staff for supervision of bathrooms. Young children should be supervised when toileting to ensure their safety and proper toileting procedures (ie flushing, hand washing, etc).

\*Keep a spray bottle of bleach/ water solution in the bathroom (make sure it is stored out of children's reach). Sanitize the bathroom sink with bleach water before it is used for any hand washing other than bathroom use.

\*Go through all cabinets and drawers and lock up all items labeled "keep out of reach of children".

\*Ask families to bring in sun screen for their child. Store sunscreen in a locked cabinet and apply according to directions on bottle. Make sure to have a system in place to document when sun screen was applied.

\*Have water available in the classroom and encourage children to take water breaks.

\*Find contact information for health professionals and invite them to do classroom activities related to healthy habits.

### What Teachers Should Cover With Children at the Beginning of the School Year:

\*Review the proper hand washing procedure on a daily basis, this is a time-consuming task but it is very important! This can be practiced during small group time early in the school year.

\*Talk with children about making teeth brushing part of the daily routine. Remember to cover toothbrushes when storing, keep toothpaste in a locked cabinet, and to sanitize sinks before and after brushing.

\*Encourage, but never require, children to try all foods at meal time. Avoid showing favor to certain foods by saying that children must eat more of one food before eating another item on their plate.

### Proper Hand Washing Procedure

1. Wet hands
2. Get soap on hands for a minimum of 20 seconds
3. Rinse hands
4. Turn off water with paper towel
5. Dry hands thoroughly and make sure to avoid touching trash can when throwing away paper towel

### Proper Table Washing Procedure

1. Spray and wipe down table with a soap and water solution. Each table must be wiped with a separate paper towel.
2. Spray bleach water solution to cover entire table and let stand for at least 2 minutes.
3. Again wipe table with a separate paper towel for each

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