

Family Activities

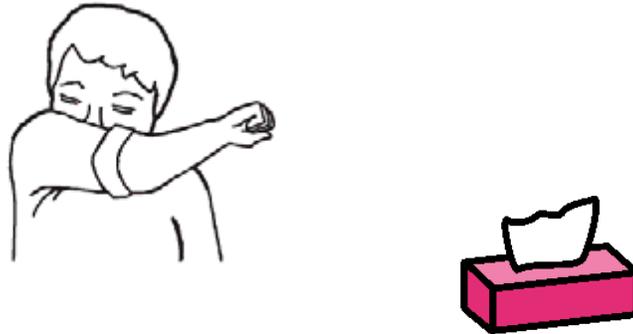


School Readiness Skill: Covers mouth or nose when sneezing or coughing

To prevent the spread of disease and germs children should be taught proper personal hygiene which includes proper hand washing and covering ones mouth or nose when sneezing or coughing. This will help cut down on the likelihood children will need to miss school due to illness.

Show Me How

If this is a new concept for your child or if he or she is just learning how to cover their mouth or nose when sneezing or coughing you can serve as a role model by showing them the proper ways they can prevent the spread of germs. Demonstrate the proper use of tissue or the method of sneezing or coughing into their elbow or sleeve.



Pretend and Play

Another good way to demonstrate proper coughing and sneezing etiquette is through the use of dolls or stuffed animals. Show your child how to cover the mouth and nose of the doll during pretend sneezing or coughing exercises and then invite your child to practice covering the mouth or nose of the doll until he or she has gotten the hang of it.



Sing-a-Long / Sneeze-a-Long

Never underestimate the power of music and rhyme especially when it comes to learning something as simple as coughing and sneezing etiquette. Your child will enjoy singing this catchy song to help him remember this important disease prevention technique.

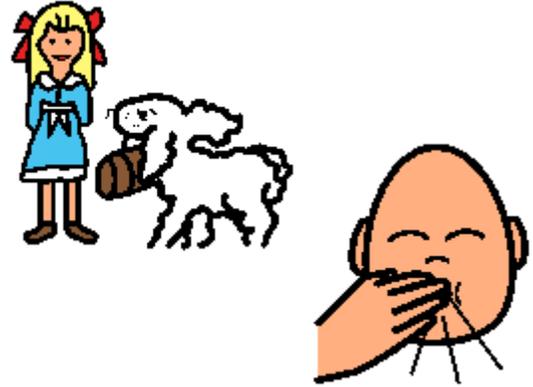
Sung to the tune of Mary Had a Little Lamb

If you have to cough or sneeze, cough or sneeze, cough or sneeze,

If you have to cough or sneeze, always cover your mouth please.

If you have to cough or sneeze, cough or sneeze, cough or sneeze,

If you have to cough or sneeze, please do it in your sleeve.



Visual Reminder



Help your child make a poster to help them remember the importance of coughing and sneezing etiquette using markers, paper and other drawing materials. You may also use the chart provided in this family print activity.

Hygiene Books

There are many children's books available that reinforce appropriate hygiene concepts. Check your local library for some of these exciting choices.



Germs Are Not For Sharing by Elizabeth Verdick

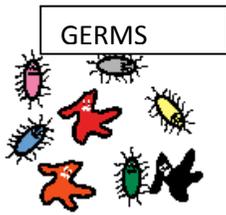
Germs Make Me Sick! by Melvin Berger

Itchy, Itchy Chicken Pox by Grace MacCarone

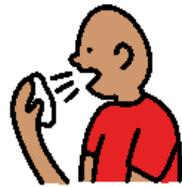
Wash Your Hands! By Tony Ross

Buddy Bear's Hand Washing Troubles by Marjorie T. Cooke

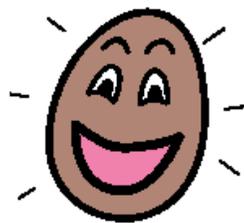
Germs make me sick!



I will cover my nose and mouth when
I cough or sneeze.



This will help me be healthy and
happy.



My name is _____.