



Why Is Being Clean Important?



Healthy Hygiene Habits for Growing Kids

Maintaining good hygiene is an essential part of staying healthy and feeling confident. This brochure will guide you through the key hygiene practices that will help you stay clean, fresh, and ready to take on the world!

Smell Good
Look Good
Feel Good

As you grow, it's important to develop healthy habits that keep you looking and feeling your best!



Take Care of your Mouth...

- Brush Your Teeth 2-3x a day.
- Floss between your teeth everyday
- Have a dentist clean your teeth twice a year.



Washing your Body and Hair

- Bathe your body everyday with soap and water.
- Brush or comb your hair everyday.
- Wash your hair every 1-2 day.
- Use Shampoo and rinse well when washing your hair.

Keep Your Clothes Clean!

Wear clean clothes and underwear everyday.
Put on clean socks everyday.
Wash gym clothes and sports uniforms after each use to prevent odors and bacteria buildup.

DON'T FORGET TO USE YOUR DEODORANT EVERYDAY BEFORE GOING TO SCHOOL.

Thank You for Coming Today

Following these hygiene habits, you'll not only look and feel better but also reduce your risk of illness. As you continue to grow and learn, remember that taking care of your body is a lifelong commitment to your well-being. Keep up the good work, and stay healthy!

We hope you enjoy the gift card and hygiene kit.

Have a great day!