

Healthy Habits

For A Better Clean

SPONSORED BY **BOOGIE WIPES** AND **KANDOO FLUSHABLE WIPES**



SIMPLE WAYS TO KEEP KIDS
HEALTHY ALL YEAR LONG

**PLUS 4 Fun Hygiene
Learning Activities**

* * Let's Learn and Play * *

To Keep Germs at Bay

When the **cold or flu strikes**, it can be a nuisance to the whole family, **spreading** from one family member to another, until it's gone through the entire house. Nine times out of ten, it's our kids who bring home those pesky germs and start the domino effect.

To keep germs from hitching a ride on your kids, we've come up with **4 key lessons and activities for a better clean**. Because the best defense is a good offense!



TEACHING KIDS HOW TO BLOW THEIR NOSE

Nose Blowing Activity



TEACHING KIDS HOW TO WASH THEIR HANDS

Hand Washing Activity



TEACHING KIDS HOW TO COUGH & SNEEZE

Mouth Covering Activity



TEACHING KIDS HOW TO WIPE THEIR BOTTOM

Bottom Wiping Activity



* * * Teaching Kids * * *

How To Blow Their Nose



Whether your child has a cold, the flu or is suffering from allergies, **teaching your child how to put their boogies in a Boogie Wipe is key to preventing the spread of germs.** No more chasing runny noses for you, and the ability to clear out all that mucus for your kids.



* * * Nose Blowing * * *

Activity

Often taken for granted by grown ups, nose blowing can be a pretty confusing request for little ones. Here is a simple and fun activity to help your child learn how to blow their nose.

- 1** Set up a simple **racetrack** on your kitchen table. Create a start and finish line using tape.
- 2** Line up **two lightweight objects** like a sequin, the corner of a piece of paper or a feather.
- 3** Have your child position their face level with the table; you do the same; and then race to **see who can blow their object across the finish line**, using only your noses.

[Click here for fun nose-blowing activities and information.](#)



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* Teaching Kids * How to Wash Their Hands



Of course, the absolute most important part of keeping germs away is by washing your hands. You can make this critical step a habit by **creating a healthy and happy hand-washing routine at home**. Empower your kids with the knowledge that washing their hands on a frequent basis keeps germs away and helps your entire family stay healthy throughout the year. Each time they use the bathroom is an opportunity to practice their improved skills in hand washing. Follow this next activity to sharpen their skills.



* Hand Washing * Activity

1

Shake some **glitter** into your child's **hands**.

2

Ask them to **imagine** the glitter are **germs**. See if they rinse off with only water.

3

Now show them how **hand soap works better** to remove glitter. Explain that it works the same for germs that they cannot see.

[Click here for more fun hand-washing activities.](#)



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* Teaching Kids * How To Cough & Sneeze



Wouldn't it be nice if we lived in a world with no germs? Sadly, that will never be the case. Studies show germs last on your hands much longer than previously thought and everything you touch afterwards can also become infected, including door handles, desktops, smartphones and iPads. **Teach your kids to cough and sneeze in their elbows** instead of their hands, and you will drastically reduce the amount of germs they have on their hands.



* Cough & Sneeze * Activity



Take your kids outside and put some **flour** in their hands.



Tell them to fake **cough or sneeze** or even blow on their hands.



See how far the flour travels?
Germs do exactly the same thing! We just can't see them.

[Click here for more ways to encourage your kids to always cough and sneeze in their elbows.](#)



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Teaching Kids How to Wipe Their Bottom



Whether you're working with a **potty training** toddler or have an 8-year-old with an **"itchy" bum**, these tips will help you teach your child the proper way to wipe.

1. **Use the right materials:** Kandoo Flushable Cleansing Wipes are 30% cleaner than toilet paper.
2. **Show your child how to hold the wipe** flat in their hand (not wadded into a ball).
3. **Walk them through the process of wipe, fold, wipe, fold**, until they don't see anything on the wipe anymore. That's how they'll know they're finished and ready to flush.



Bottom Wiping Activity

If your child is a hands-on learner, this wiping activity will be right up their alley. It's a great demonstration that will have your little one wiping independently in no time.

1

Smear some **peanut butter** on a plate.

2

Have your child start with a Kandoo Flushable Cleansing Wipe flat in their hand.

3

See if they can wipe the plate clean using the techniques explained above.

[Click here for more tips on teaching your child how to wipe.](#)



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Why Try Boogie?

Boogie Wipes and Boogie Mist are both made with Natural Saline. When used in the right concentration, all-natural **saline is a natural remedy** for breaking up and thinning **snot** and **mucus**.

Boogie Wipes are **soothing to the most sensitive skin** – even when you're wiping 20, 30 or even 40 times a day. Our super soft wipes also contain **Aloe, Chamomile, and Vitamin E**. Try Boogie Wipes and Mist today!

TAKE 50¢ OFF

ANY BOOGIE WIPES PRODUCT AT:

www.boogiewipes.com/coupon

Why Try Kandoo?

It's no wonder **Kandoo Flushable Wipes are the #1 Flushable Wipe for kids**. Our wipes are **the perfect size for little hands** and **clean 30% better than toilet paper**. They're also **safe for sewer and septic systems**.

Pair our wipes with Kandoo **Hand Soap** and your child will be **confidently clean**. Kandoo Hand soap is **hypoallergenic** and **does not contain parabens or SLS**. Our **Brightfoam® Colors** let your child know when he/she is covered with soap, for a **better clean**. Try Kandoo Wipes and Hand Soap Today!

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