



Building on a healthy start

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Looking after you
and your Toddler

For mothers of kids
over 6 months



Mission for Health



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General Health and Hygiene

From birth, your priority has always been to keep your child happy and healthy. Now they are growing up you can continue to help protect your child by following good hygiene practice at home and by teaching them some simple hygiene basics.

Germs and how they affect us

'Germs' is the term used to describe tiny organisms like bacteria, viruses and fungi that are found all around us. Some germs are harmful and can make us ill, causing colds, flu and tummy upsets. By following some simple targeted hygiene steps you can help reduce your family's exposure to the harmful germs.

How germs spread

We can pick up germs in several ways:

- ✦ Breathing – when an infected person talks, sneezes or coughs, they transfer germs into the air which can land on surfaces or be breathed in directly by others
- ✦ Touch – germs left on contaminated surfaces such as toilets, door handles, toys and kitchen surfaces can be picked-up and transferred into your body when you touch your eyes, nose, mouth or a cut
- ✦ Eating – stomach bugs usually arise by eating food that is contaminated with germs



How to help stop the spread of germs

By following some simple steps and focussing on key activities you can help stop the transmission of germs in your home.

- ✦ Regular hand washing
- ✦ Keeping germ hotspots clean
- ✦ Prepare and cook food properly
- ✦ Teaching your child about the germ hotspots



Healthy Kids

Washing hands

Teaching your child basic hygiene is one of the best ways of keeping them and the rest of the family healthy.

When to wash our hands

Below is a table that you and your child can talk about to help them remember when they should wash their hands:

Before & After

- Touch a wound or putting on a plaster
- Helping in the kitchen

Before

- Eating

After

- Using the toilet or potty
- Touching blood or body fluids
- Playing with a pet or other animals
- Wiping/blowing their nose, or coughing/sneezing on their hands
- Touching a dirty surface (e.g. dirty cloth, used tissues)
- Contact with someone who is unwell
- Whenever they look dirty

When Soap and Water Aren't Available . . .

Hand sanitizers are designed to kill germs on hands that are not visibly dirty, without the need for water or towels.

- ✦ Apply gel per label directions.
- ✦ Rub hands together briskly, including the front and back, between fingers, around and under nails until hands are dry.



Healthy Hands

As well as reminding them to wash their hands at certain times, it is important to teach your child how to wash their hands properly. Some of the shapes that you make with your hands can be fun!



1. Wet hands with warm running water

2. Use enough soap to cover your hands



3. Rub your hands together, palm to palm, away from the water

4. Rub your fingers and thumbs and the bits in between



5. Rub your nails on the palms

6. Rub the back of each hand



7. Rinse both hands under running water

8. Dry your hands thoroughly with a clean towel

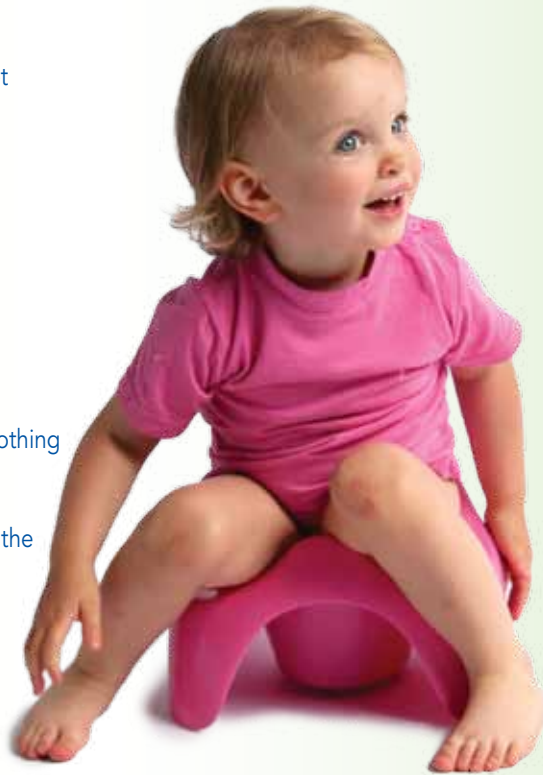


Toilet training

Your child is usually ready to begin toilet training when she starts asking you to change her nappy or says that she wants to go to the potty.

A couple of other skills are needed to make toilet training easier too, including when your child:

- ✦ Knows the words "poo" and "pee"
- ✦ Can pull down and pull up simple clothing (i.e., elastic waist pants).
- ✦ Can stoop and pick up objects from the floor without falling over.



The toilet training process can take about three months of daily encouragement, ongoing support, and above all — patience!



Here are some basic guidelines for getting started.

- ✦ Have your child join you in the bathroom. Let her see what's in the toilet and flush the toilet for you.
- ✦ Place a potty chair in plain sight in your home. Having it in the child's play space enables her to become familiar with it.
- ✦ Encourage her to use it as a chair.
- ✦ Once familiar with the chair, have the child become familiar with sitting on it while not wearing pants.
- ✦ Show your child how the chair is used: empty a dirty nappy into the potty, and then empty the potty into a toilet. Have your child flush the toilet.
- ✦ Place your child on the potty whenever she expresses the need to "go"
- ✦ Praise your child for successes, but don't express disappointment when it "doesn't happen." Patience is key in successful potty training.
- ✦ Once your child is using the potty chair successfully, she can "graduate" to an over-the-toilet seat.

Once they are toilet trained

Help your child to use the toilet or potty properly, teach them which parts of the toilet or potty they should and shouldn't touch and to wash their hands every time they have used the loo or potty.



Brushing their teeth

Lead by example and show your child that brushing their teeth twice a day will help keep their mouth and teeth healthy.

Introducing teeth brushing

- ✦ Clean baby's teeth daily.
- ✦ Avoid letting your toddler walk around with a bottle, so that sugars don't "pool" in the toddler's mouth.
- ✦ Serve juice/milk in a sippy cup, not a bottle.
- ✦ Visit the dentist for a checkup.



When they brush themselves

- ✦ Your child should brush at least twice a day with fluoride toothpaste.
 - Use a pea-sized amount of toothpaste.
 - make sure he spits out, rather than swallows, the toothpaste.
- ✦ Limit the number of times your child eats sweet or starchy snacks each day.
- ✦ Avoid high sugar soft drinks, sugary sweets, and foods that stick to the gums or teeth
- ✦ Take your child to the dentist at least once per year.
- ✦ Floss your child's teeth daily once he has molars, usually at around age 4.

Bathing and Safety

Follow these general tips to keep baby happy and safe at bath time:

- ✦ Set your hot-water heater at 49°C or lower.
- ✦ Put a nonslip tub mat on the bottom of the bath. You may also want to use a plastic bath seat.
- ✦ Cover the bathroom floor with nonslip rugs.
- ✦ Fill the tub with no more than waist-high (in sitting position)
- ✦ Test the water temperature to be sure it's not too hot. Between 32 and 38°C is ideal.
- ✦ From the very beginning, teach your child to sit in the tub at all times.
- ✦ Consider using a padded tap cover to prevent bumps and burns.
- ✦ Clean and disinfect the tub after bathing.



A note about Bathroom Safety

Keep these general bathroom safety guidelines in mind, too:

- ✦ Store cosmetics, medications, and household cleaning products out of reach or behind child-proof cabinet doors.
- ✦ Keep personal items like razors, manicure scissors and other sharp objects out of reach. This applies to small appliances like hair dryers and curling irons, too. Unplug them when you aren't using them, and put them away.





Playtime

Play is fun and important for a child's development; however, you need to ensure that you provide an hygienic environment.

Toys

Make sure toys and the equipment your child uses are:

- ✦ Easy to clean
- ✦ Check to see if they are visibly dirty or broken.
- ✦ Store toys in clean, dry containers or cupboards
- ✦ Encourage your child to help put her toys away after use



Pets

Having a family pet enhances a child's education and is fun for everyone. However, pets can pass on germs so there needs to be some basic house rules:

- ✦ Wash hands after touching pets
- ✦ Discourage your child from 'kissing' pets or allowing pets to lick your child's face
- ✦ Keep pets out of food preparation and eating areas

Other animals – farm visits/petting zoos

Farms can be a great experience for your child's learning and education. If you visit a farm, make sure your child washes their hands after touching any animal or animal areas.

Make sure they do not put their face close to any animals, and do not eat or drink anything whilst walking around the farm.

Taking a hand sanitizer with you is a good idea so you can encourage your child to practice good hygiene at the appropriate times, even if you are not close to a sink.



Cuts, bruises and snotty noses



First aid at home

Have a first aid box in your home so you can treat minor cuts and injuries yourself. Recommended content for a first aid box include: a leaflet on first aid, plasters, dressings, gloves, an antiseptic or antiseptic wipes, safety pins, blister plasters, crepe bandage, scissors, hypo-allergenic tape and gauze swabs.

How to treat minor cuts and wounds

If you have a cut you should treat minor wounds as soon as possible.

- ✦ Wash your hands and then wash the cut with clean water, then use an antiseptic to clean the cut before allowing it to dry and covering it with a sterile dressing or plaster.
- ✦ Wash your hands again after giving treatment.
- ✦ Talk to your child about not touching a wound and explain that if they do they need to wash their hands afterwards.
- ✦ If you are out and about, a good way of hygienically cleaning a wound is by using an antiseptic spray that cleans the area without the need to touch it.



Major wounds and getting help

If the wound is large, don't try to treat it yourself. Get in touch with medical professionals. Know how you contact your family doctor and how to get to your nearest emergency department.

Snotty noses

Help your child to use clean tissues to wipe their nose, put any used tissues in the bin and then wash their hands afterwards.



Nutrition and food safety



Keep Healthy Food at Home

Try to have healthful choices on hand for snacking and for meal planning, too.

- ✦ Include fruits and vegetables. Keep them washed and ready for snacking . . . and serve fruit or vegetables at every meal, too.
- ✦ Fruits and vegetables can be coated with pesticides, bacteria, insects, and mould. Always wash them thoroughly before preparing and/or eating.
- ✦ Offer other nutritious foods including low-fat yogurt, whole-grain crackers with cheese.
- ✦ Buy whole-grain breads and cereals
- ✦ Offer 100% juice and low-fat milk rather than sugary drinks.
- ✦ Serve nutritious meals using lean meats and good protein-rich foods like fish, eggs, beans, and nuts.
- ✦ Limit fast food and foods high in certain fats, sodium, simple carbohydrates (i.e., white bread) and sugar. Treat these less-healthy choices as “sometimes foods”

Be a Role Model for Nutritious Eating

You will always be your child's her best teacher!

- ✦ Let your child see you choosing nutritious foods and eating a balanced diet.
- ✦ Watch your portion size. Talk to your child about what it feels like to eat too much, and help him/her understand not to overeat.



Stay Positive about Food



- ✦ Make sure your child hears you talk about the importance of healthful, well-balanced food choices — not about “cutting back” on nutrients or dieting.
- ✦ Avoid making “bargains” to get your child to eat healthfully.
- ✦ Don't use food as a reward — or to discipline a child.
- ✦ Don't use food to comfort a child. When something happens that is an “emotional trigger” for eating for your child (like frustration or sadness), provide alternative coping strategies to your child.



A Note About Picky Eaters

Even if your child is a picky eater, chances are he is still getting enough nutrients and calories to prevent being “malnourished.”

It may be frustrating, but continue to introduce new foods to your child — sooner or later you'll hit upon some new choices that appeal to his “taste buds.”

Sometimes a child may need to try the same “new” food more than 10 times in order to decide that he or she likes it!





Staying Safe at Mealtime

Take special care with foods that require extensive chewing, or could cause choking if swallowed whole.

Be aware that foods such as chunks of meat or cheese, whole grapes, nuts, seeds, potatoes, cherry tomatoes, raw fruits or vegetables, hard or sticky candy, popcorn and raw carrots can be dangerous if swallowed whole.

In addition, follow these simple guidelines when feeding and eating with your child:

- ✦ Always supervise your child while eating. Choking incidents often occur when older siblings offer young children food they're not yet developmentally ready to handle.
- ✦ Encourage your child to take small bites and chew their foods completely.
- ✦ Insist that your child stay seated during mealtime or snacks. Never let him or her lie down or walk/run around while eating!
- ✦ Don't let your child run with anything in his/her mouth, including straws, toothpicks, chewing gum, lollipops, toothbrushes, or food.



Healthy Home



It is not necessary to make your home a germ-free environment; you just need to target those areas where it really counts.

Wash germs away

Germs can be picked up and transferred around your home on the hands. Therefore it is important to wash your hands regularly and thoroughly to help stop germs spreading.

Wash your hands with soap and water before preparing food, after handling raw food (especially raw meat), after using the toilet and after dealing with objects that may be covered in germs, such as after emptying the potty or putting out the rubbish.

If you can't get to a sink, use a hand sanitizer, but remember if your hands are visibly dirty, they still need to be washed.



Keep it clean – germ hotspots

Regularly clean and disinfect those surfaces that are touched by people on a regular basis (e.g. door handles, light switches, toilet flush handles, telephone key pads etc).

This will help stop the spread of things like cold and flu.

Germs can spread from raw food on to surfaces all around the kitchen. Store and prepare food carefully and make sure you cook food thoroughly to get rid of any bacteria present. Regularly clean and disinfect kitchen surfaces including door and fridge handles and wash any utensils each time you use them.



Keep it clean – germ hotspots

- ✦ Germs multiply well in damp areas like sinks, toilets and on cleaning cloths. Target these areas and use disposable cleaning cloths or wipes.
- ✦ Remember, don't use the same cloth used to clean the bathroom in the kitchen!
- ✦ When your child is using a potty, place it on a hard surface that is easy to clean, and clean and disinfect the potty after every use. Also flush the contents of the potty down the toilet not the sink.
- ✦ Remember to wash your hands after any cleaning.
- ✦ Teach your child the areas that can harbour germs.
- ✦ Make sure your child understands they should keep away from areas like the waste and rubbish bins, and the bathroom if you are clearing spills.



Health for Pre-school/Daycare



Making the most of pre school

As your child embarks on the exciting process of learning, they come into contact with more people and their exposure to germs increases. Maintaining good hygiene will help to reduce the chance of your child becoming unwell.

We have seen in the previous section when and how your child should wash their hands when they are with you, but what about when they start at daycare/pre-school?

Places to wash their hands

Visit the centre with your child so you can both see the washing facilities available. You can then talk to your child about when and where they should wash their hands.

Remind them that even though they aren't at home, they should still wash their hands regularly, especially after they have been to the toilet and before they eat.



Talk about toilets

At first, using a toilet away from home may seem daunting.

Give your child confidence to ask to go to the toilet when they need to and to ask for help if they need it.

One way to reduce the likelihood that they will need help is to dress them in clothing that is easy to do up again once they have been to the toilet.

Make sure they know they should wash their hands after using the toilet.





Eating at pre-school



- ✦ Meals – if schools offer a set meal, this will usually be healthy and well balanced. If your child has a choice of food, talk to them about the good things to eat and the importance of eating different sorts of foods; when they get home ask what they chose for lunch so you know what they have eaten that day
- ✦ Packed lunches – if you are providing your child with a packed lunch make sure it provides a nutritionally-balanced meal.
- ✦ Wash your hands before preparing, and pack it in a hard, airtight box. Prepare cooked and raw food separately, and wash fruit and vegetables before putting them in the lunch box.



Sickness

Teach children to keep coughs and sneezes to yourself

Germs can spread through the air when we cough or sneeze so, to help stop spreading germs to others, encourage your child to cough into a tissue or into the crook of their elbow rather than into their hands. Germs can also spread from used tissues so teach your child to put them in the bin and wash their hands afterwards.





Mission for Health

We know your family means everything to you.
You'll do anything to help keep them happy and healthy.
We believe that health depends on the choices we make
every day at home, in our community.

That's why we have started a mission for health. The mission
is fueled by passion and backed Dettol's expertise in disinfection
and hygiene. From the products they make, to the education
they provide, it's all for health.

Dettol is doing more for Mums

Dettol are committed to the education of health
and wellbeing for new Mums and their babies.
They offer online information that can help you prepare
for your newborn's arrival and future baby care needs.

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