



SPLASH! WHY WE NEED A BATH



Today we talked about the importance of taking a bath or shower on a regular basis. Some of the reasons are:

1. **Physical Health**—Regular baths or showers with a mild soap, followed by drying with a clean towel, help wash away germs and prevent illness, infection, and other problems.
2. **Mental Health**—Taking a bath or shower in the morning can be invigorating and help you wake up; in the evening it can be soothing and help you calm down.
3. **Social Health**—Bodies have odors...lots of them. The less often we clean ourselves the more likely we are to develop noticeable odors that turn people off. The appearance of not being clean can also put some people off or cause us to feel self-conscious and insecure. Most people don't need a lot of deodorant, special creams, or perfumes to look, feel, and smell clean as long as they are following a regular cleaning routine.

AT HOME ACTIVITY

Make bath or shower time fun! Bath time doesn't have to be a drag. There are lots of ways to get your kids excited

about taking a bath. Here are a few ways you can try to make bath time, a good time:

- Play some calming, happy music or sing songs with your child.
- Have on hand some waterproof toys that won't go down the drain.
- Try out "soap crayons" that can be used on body or on the side of the tub.
- Keep a supply of clean fluffy towels on hand for drying

CLEAN AND HEALTHY TEETH



Keeping teeth clean is part of a healthy lifestyle. Brushing your teeth twice every day keeps your teeth—and your gums—clean and healthy.

Even if your child doesn't have permanent teeth yet, he or she still needs to brush. If your child doesn't brush, the permanent teeth growing underneath can be damaged by the tooth decay that can be growing on the surface.