

Dear Parents

A clean and groomed person makes a good impression and more easily makes friends. The opposite is also true. We avoid people who are dirty or smell of perspiration. Children can be especially hurtful and exclude or make fun of these colleagues.

To be sure that this does not happen to your child, we would like to give you a few tips about personal hygiene.

One must free his/her skin not only of dirt but also from dead skin-cells, urine residue and perspiration.

The most important aids are warm water and soap, not perfume and deodorant!

This is what one should do:



- ┌ Wash once each day with soap and water, or even better, shower daily. Don't forget the face and ears! This can be followed with a mild deodorant to prevent perspiration from decaying and smelling unpleasantly.
- ┌ While showering, wash the genitals and buttocks well.
- ┌ Boys should push back the foreskin and wash away all residue.
- ┌ Girls must clean all parts of the pubic area, especially during menstruation. Applying soap with the hand is best, then rinsing well using the showerhead.
- ┌ Intimate sprays are not necessary. Soap and water are enough.
- ┌ Don't use the same towel for the face and the body. Each person should have his/her own hand-towel; sharing towels spreads germs.
- ┌ Wear fresh underpants and socks each day. Change sweaty T-shirts as well. Synthetic underwear and sweaters should be changed especially often. They don't absorb moisture and soon begin to smell unpleasantly.
- ┌ After urination, wipe away the last drops using toilet paper. Moist underpants create a good climate for germs.
- ┌ Girls must make sure that they clean themselves correctly after a bowel movement: from "front" to "back". That is, from the vagina to the anus, so that germs from the intestinal tract are not wiped into the urethra.

Important:

Always wash hands after using the toilet!

- ┌ Cut and clean fingernails and toenails regularly. Be careful not to cut the sides of the nails too short, otherwise they might become ingrown.
- ┌ The teeth need to be cleaned as well. Brushing after each meal helps to avoid cavities and bad breath.
- ┌ Hair should be washed 1-2x per week and combed daily.
- ┌ For skin-problems such as acne or allergies it is best to take your child to the doctor.

This should be avoided:

- ┌ It is best not to use a washcloth, but to shower. If one doesn't want to stop using a washcloth, one should, as with the towel, use one for the face and another for the genitals. Change both washcloths frequently.
- ┌ Don't share towels and washcloths. Germs grow especially well on moist cloths and can be spread in this way.
- ┌ Too many chemicals irritate the skin. Don't use strong soaps and don't shower more than once per day.
- ┌ Do not use intimate sprays.
- ┌ The recommendation to avoid synthetic underwear is not very popular with today's current lingerie fashions. One should at least change them often.
- ┌ Boys should not withdraw the foreskin with force. If the foreskin can only be painfully withdrawn, consult with a doctor!
- ┌ Each child should possess his/her own toothbrush! Parents, siblings and friends also need their own toothbrushes.