

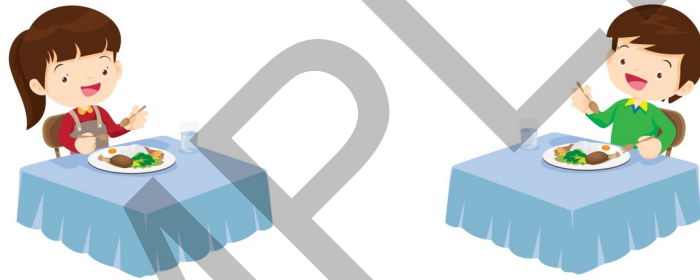
Manners and Healthy Habits for Preschool

How Do I Take Care of Myself?

It is very important to learn to take good care of yourself. When you are growing is the time to build healthy habits that will be with you all of your life.

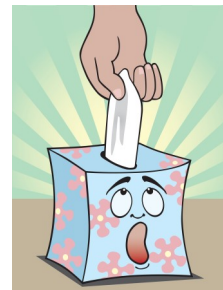
What is a habit?

A habit is something you learn to do by doing it over and over again until you do it without even thinking about it. For example, when you are eating dinner, you know you have to open your mouth before you can put food in it. You do not pick up your food, bring it up to your face, and then think about what you have to do next—you just open your mouth and put the food in! That is a habit you learned when you were a baby. Now you do it without even thinking about it. Other habits are like that, too. If you do them the same way over and over again, you will learn to do them without even thinking about it.



What is a healthy habit?

A healthy habit is something you learn to do that is going to help you keep your body strong and healthy. Though we sometimes get sick, even when we have healthy habits, the healthy habits are helping us to not get sick as often and to grow up stronger. We will talk more about healthy habits later, but here are some healthy habits: wash your hands after using the bathroom; wash your hands before eating; use a tissue when you cough, sneeze, or blow your nose; and comb your hair. It sounds like a lot of work, but when these things become habits, you don't even think about them, you just do them! That is why it is important to start learning them now. You won't have to think about them when you are older and can be thinking about other things that you are interested in.



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How Do I Take Care of Myself?

Healthy Habits—Learn independence in appropriate bathroom needs.



When you go to the bathroom, it is important that you learn to do everything that is needed by yourself. It is nice to have mom and dad help you when you need it, but now that you are getting older, this is something you need to learn to do for yourself. Take your time when you are using the bathroom and make sure you do each thing that your parent has told you is needed so that you do each step yourself. It may take some time to learn everything, but just keep trying, and it will get easier. And be sure to wash your hands when you are all finished. This is very important to keep from spreading germs that can make you or someone else sick.



Print the chart on the next page and ask a parent to fill in all the steps you need to remember to do. Then, make sure you put an X in the box for each step that you remembered after you are finished. Soon, you will not need the chart, because doing all the steps will become a good habit.

