

FREE OF
CHARGE



The book is for children of
preschool ages and their parents

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CLEANLINESS IS NEXT TO GODLINESS

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For every child
Health, Education, Equality, Protection
ADVANCE HUMANITY

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I wash my hands with soap and water.
I am not afraid of cold water
I am always washing my hand
So I am a tidy child.

Advice to parents

Washing hands with soap and water removes germs. Rinsing the fingers with water is not enough both hands need to be rubbed with soap. All family members, including children, need to wash their hands thoroughly with soap and water after contact with faeces, before touching food, and before feeding children. Parents should clip nails in time and put an effort to teach the child not to put fingers into the mouth.

It is important to wash a child's hands often, especially after they have been playing in dirt or with animals. Starting from 2 years teach your child to clean teeth after meal.

RIDDLE

If you wash your hands with it
You will be clean and neat.

(dnos)



Advice to parents

Only use water that is from a safe source or is purified. If the water is not clean and it is from unsafe sources such as ponds, rivers, tanks, or wells, it can be made safer by boiling. Store the water in a covered container to keep it clean. You should also protect your water supply by keeping animals away from drinking water sources and family living areas.

When swallowing clean and crystal water
You become a friend to the cleanness
Enjoy a clean spring of water
And you will feel happy

RIDDLE

If flows down from the crystal clear mountains
Fills up our rivers and lakes. (WATER)



Advice to parents

Raw or leftover food can be dangerous. Raw food (meat, seafood, chicken) should be washed before cooking. Cooked food should be eaten without delay or thoroughly reheated.

Food, utensils and food preparation surfaces should be kept clean. Food should be stored in covered containers.

Feeding bottles or teats should not be used because they can contain germs that cause diarrhoea unless they are cleaned each time with boiling water.

Children should be breastfed or fed from a clean, open cup.

RIDDLE

When I get up early and go outside
It cherishes me on my face. (FRESH AIR)

I wash fruits.
I teach my Mom to wash them
If you don't wash them before eating
They are going to cause you a lot of troubles



play with my puppy
Every day in our yard.
My mommy sweeps it
In the mornings to make it clean.

Let's help her sweep it!
It's like a game.
You sweep, I sweep
And it's free of garbage!

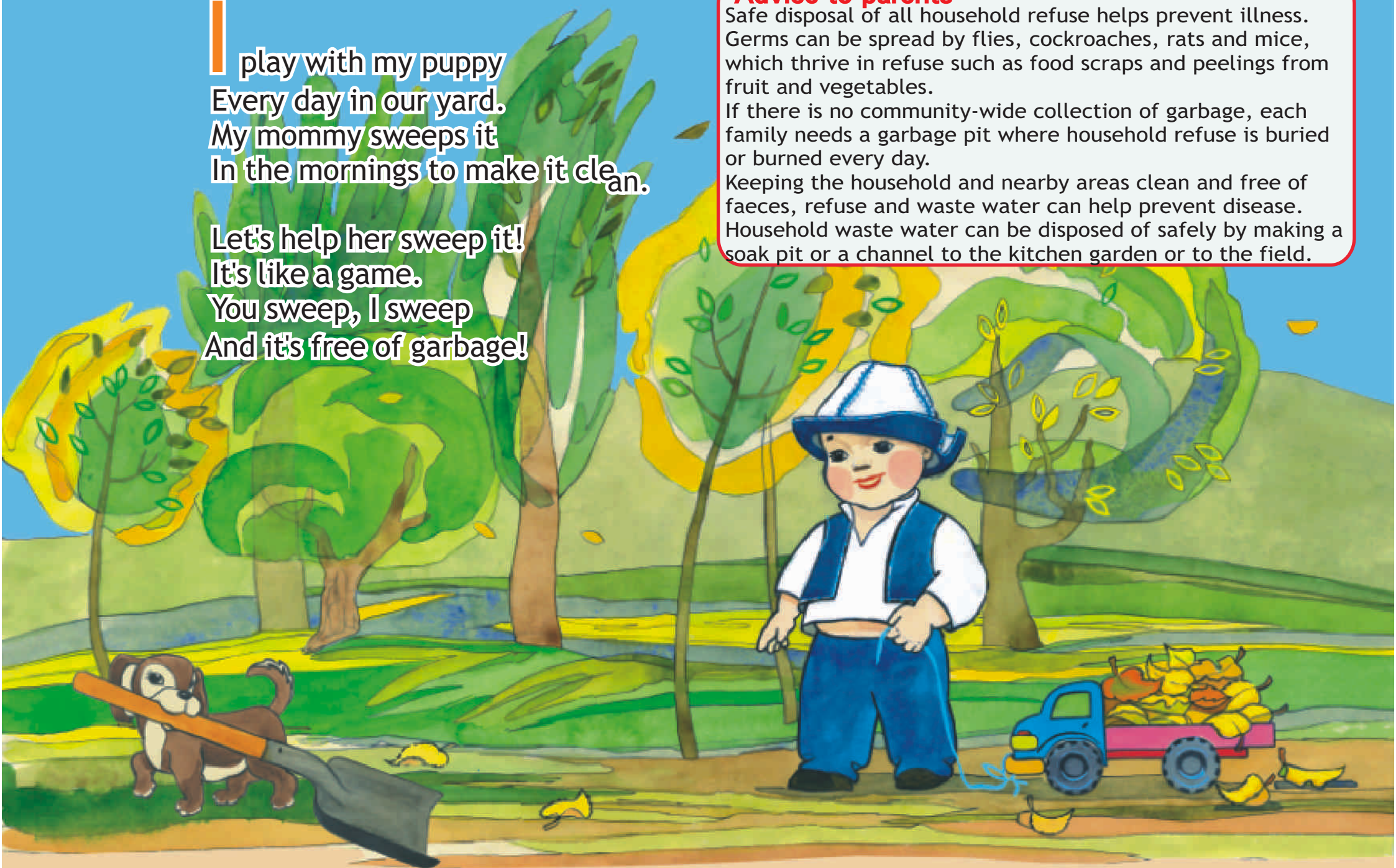
Advice to parents

Safe disposal of all household refuse helps prevent illness. Germs can be spread by flies, cockroaches, rats and mice, which thrive in refuse such as food scraps and peelings from fruit and vegetables.

If there is no community-wide collection of garbage, each family needs a garbage pit where household refuse is buried or burned every day.

Keeping the household and nearby areas clean and free of faeces, refuse and waste water can help prevent disease.

Household waste water can be disposed of safely by making a soak pit or a channel to the kitchen garden or to the field.



A little baby

Wants to discover more about the world
He saw a beetle and thought it should be
a candy.

But his sister stopped him timely
“No, don't eat it.
It is a beetle. It's not eatable”.

FILL IN THE CROSSWORD WITH YOUR MOMMY OR DADDY.

1. What do you use to brush your teeth? **TEETH BRUSH**
2. What kind of water should you drink? **BOILED**
3. How should you keep your clothes? **CLEAN**
4. What should you regularly use when you wash your hands? **SOAP**
5. What should you wash before eating? **HANDS**
6. What insects shouldn't you allow to be around food? **FLY**
7. What kind of rodent who live in the house transmits diseases? **MOUSE**



RIDDLE

If you brush your teeth with it
They will be as white as rice and as shiny as pearls

(TEETH BRUSH)

