

LEARNING PERSONAL HYGIENE



Between the ages of 2 and 5, your child is learning to use the potty and take care of their body. Your role is to help them gain autonomy.

Signs that your child may be ready for potty training:

Their diaper remains dry for several hours.

They are curious—they want to follow you into the bathroom.

They understand instructions like “Go sit on the potty.”

They can express their needs: “Have to pee.”



When your child is ready:

Encourage them to sit on their potty: “Would you like to try peeing in the potty?”



Have them sit on the potty when they wake up, after meals, and before bedtime.

Once they start using the potty:

Remove their diaper during the day. Dress them in clothes that are easy to remove and regularly ask if they need to use the potty.

During naps and at night, you can leave their diaper on. Ask them to sit on the potty as soon as they wake up.

Before the age of 5, it's hard for your child to hold it in all night or wake up to use the toilet.



If your child has an accident, be patient and encouraging: “That’s okay, it happens sometimes.”

Brushing their teeth morning and night

- **Brush your teeth in front of your child;** they'll want to do the same.
- **Encourage them to brush their own teeth.** Finish brushing and have them spit out the toothpaste.
- **Play** dentist.

A small amount of fluoride toothpaste is all you need



Taking their bath

Once your child can get **undressed on their own**, they can start to learn how to wash their body.

- **Have them wash different parts of their body:** "After we wash your arms, what do we wash next?"

Never leave your child unattended in the bath, even for a few seconds.



It's free! Your child is entitled to one free dental examination per year until they turn 10.

As a parent...

What's my **personal hygiene routine?**

How can I encourage my child to **take care of their body?**

How can I help my child **learn to go to the bathroom?**

