

Age 1–2

7. Washing Hands Before Meals

Parents help baby wash hands

【*Beginner Level*】

Dialogue

Parent: Let's wash your hands before eating.

Parent: We're at the sink now.

Parent: First, let's turn on the water.

Parent: I'll help you wet your hands.

Parent: Now rub, rub, rub with soap—like this.

Parent: Let's rinse off the bubbles.

Parent: Dry with the towel—pat, pat.

Parent: All clean. Now we're ready to eat!

Vocabulary

- | | |
|--------------|-------|
| • wash hands | • rub |
| • wet | • dry |
| • soap | |

Tip for Parents

Use slow, calm language while you do the actions. Say each step clearly and match it with movement. Daily repetition helps your child understand the sequence even before they can do it alone.

Extra Hygiene Words

- | | |
|-------------|------------|
| • hand wash | • soap bar |
| • foam soap | |

【*Advanced Level*】

Dialogue

Parent: Time to wash hands before lunch.

Parent: Let's turn on the water—just a little.

Parent: I'll help you get your hands wet.

Parent: Rub your hands with soap—front and back.

Parent: Let's rinse off all the bubbles.

Parent: Dry your hands with the towel.

Parent: There—we're clean and ready!

Vocabulary

- before lunch
- a little water
- front and back
- rinse off
- clean and ready

Tip for Parents

While still helping physically, shift your language toward prompting—"rub the back too," "now rinse." This gently prepares your toddler for eventual independence.

Extra Hygiene Words

- hand wash
- foam soap
- soap bar

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Baby tries to wash hands

【*Beginner Level*】

Dialogue

Parent: Let's wash your hands now.

Parent: Can you turn on the water? Just a little.

Parent: Wet your hands—yes, like that!

Parent: Try rubbing with soap—good!

Parent: Don't forget your fingers.

Parent: Rinse the bubbles.

Parent: Now dry your hands.

Parent: Nice work. We're ready to eat!

Vocabulary

- turn on
- a little
- rub
- rinse
- dry

Tip for Parents

Your toddler may not wash perfectly yet—that's okay. Focus on guiding the process through clear language, and celebrate their effort more than precision.

Extra Hygiene Words

- hand wash
- foam soap
- soap bar

【*Advanced Level*】

Dialogue

Parent: It's time to wash your hands before we eat.

Parent: You can do it! Turn on the tap gently.

Parent: Wet your hands and get some soap.

Parent: Rub your palms and between your fingers.

Parent: Rinse all the bubbles—did you get them all?

Parent: Dry your hands well.

Parent: Great job—now you're ready for your meal.

Vocabulary

- gently
- palms
- between fingers
- dry well
- ready for your meal

Tip for Parents

Encourage independence through language that supports self-checking, like “Did you get all the bubbles?” Your child learns not just the motions but also to think about the quality of their actions.

Extra Hygiene Words

- hand wash
- foam soap
- soap bar

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