

Looking good and feeling fine.

PERSONAL CARE:

Children feel good when they can look after themselves.

Teaching children to respect themselves through personal care will help them grow into confident adults with good self esteem. Below are some body basics that are easy to include in daily routines.

Body odor is created when bacteria interacts with perspiration. Sweat itself doesn't have any odor. Keeping skin clean through washing is key to controlling body odor.

* When children are small, show them how to wash face, neck and hands with warm water and soap every morning.

* As she gets older include underarms where sweat glands are located.

* Body odor is something that can become a problem for children as their sweat glands become more active at puberty. It can be helped by use of deodorants and antiperspirants.

* Daily showering keeps skin clean, but dries up natural body oils. Encourage him to shower three or four times a week and after strenuous exercise. On other days, he can wash his face, neck, underarms and feet using a washcloth at the sink.

Nails: Dirty fingernails not only look unattractive, but also harbor germs and bacteria. Leave nail brushes in easy to reach places on bathroom sinks and show him how to use one. Encourage him to give his nails a quick brush each time he washes his hands. Show him how to push cuticles back gently after bath time. Check to see if nails need trimming at the same time.

Feet: To keep feet healthy, ensure he wears shoes that are the correct size. Wash feet daily and keep toenails cut straight across.

Ears: Clean her outer ear frequently with a washcloth. This helps prevent wax from building up. After swimming or bathing, dry her ears with the corner of a clean towel. Never insert anything, including cotton tipped swabs, into the inner ear. It may pierce the eardrum and lead to infection.

Hair: Wash hair at least twice a week with shampoo that removes dirt and oils. As children approach puberty they may need to wash hair almost daily if they have very active sweat glands or are physically active. Hair brushing keeps hair neat and clean and helps it shine. Show her how to keep her combs and brushes clean. Always use a comb instead of a brush on wet hair.

Good posture: Show her good posture by asking her to imagine a straight line that goes through her neck, shoulders, lower back, pelvis, hip, knee and ankle. Good posture helps your body work at its best. Poor posture can lead to back pain, neck pain and headaches. Sometimes poor posture indicates a person's low enthusiasm or poor self-esteem.

Encourage regular exercise to strengthen her upper body. Don't let him sit for too long in one position. Make sure he gets up to walk around, or stretches to give his spine a change of position.