

Free of Diseases by Hand-washing: Songkhla Bonvior Kao Early Childhood Development Center

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Songkhla Bonvior Kao Early Childhood Development Center

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Objects: To improve ability of children of Songkhla Bonvior Kao Early Childhood Development Center (ECDC) in washing their hands appropriately; and to promote children's health behaviors in disease prevention to reduce communicable diseases.

Method: This project consisted of five activities to promote hand-washing including: 1) movement and rhythm activities "Lang Meu Boi Boi" (hand-washing Song) every morning, 2) story telling through hand puppet that has the contents related to several different hygiene care patterns and refresh the seven steps of hand-washing in classroom by using simple technique and singing "Seven Steps Hand-washing" song, 3) seeking clean hands role model to help teacher at ECDC, 4) providing "Safe Hand" activity to encourage children to wash their hands applying seven steps hand-washing for five times a day (before-after meals, after playing, before and after using restroom), and 5) displaying seven steps hand-washing poster.

Results: In the first evaluation (November-December, 2014) : the findings were reported in two parts including observation of children's hand-washing behaviors and parents' satisfaction. Forty percent of children completed the seven steps of hand-washing with incorrect procedures, whereas 35 percent could not complete the whole steps (missing at least 2 steps), 25 percent could complete every step. The majority of parents reported a high level of satisfaction. In addition, they would like to have a pamphlet to continuously follow up their children behaviors at home.

Conclusion: Hand-washing practising is important to prevent diseases for children in ECDC. Particularly, teachers, personnel, and children should perform hand-washing correctly and continuously. Teachers should integrate hand-washing in providing learning experience through being a good role model. For the next phase of the project, small group practice, parent's participation and continuous follow up of children behavior at home should be taken into consideration.

Keywords: hand-washing; early childhood