



Canadian Institute of Child Health
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The Canadian Institute of Child Health (CICH) is pleased to provide you with **“William, Won’t You Wash Your Hands!”** a resource kit that can be used to teach young children how and when to wash their hands. CICH recognizes that one of the most important things a child can do to prevent illness is to wash his or her hands thoroughly and frequently, and in order for this to happen, children must be taught proper handwashing routines.

CICH produced the first edition of this resource in 1990. The kit has been widely distributed and used by educators, caregivers and parents throughout Canada. CICH recently completed a project to update the kit that involved obtaining input from experts in the field of early learning and care, public health, infection control and paediatric medicine. We acknowledge their voluntary participation with great thanks.

The updated kit contains the following resources:

- a children's storybook entitled *“William, Won’t You Wash Your Hands?”* which chronicles the adventures of a rascally boy named William who is resistant to washing his hands. Throughout the course of the story, William learns how important it is to wash his hands as well as the proper handwashing technique.
- two posters that cover the steps preschoolers should follow to wash hands and show actions children can take to help stop the spread of infection (e.g. coughing or sneezing into their elbow, and blowing noses on a tissue.)
- a resource booklet with a comprehensive collection of games, poems, songs and activities that can reinforce the handwashing message.
- two resource sheets for staff that provide additional handwashing advice and information on infection control within an early learning and care program.

Funding from the Canadian Consumer Specialty Products Association, Reckitt Benckiser, and the Public Health Agency of Canada has made the publication and distribution of this kit possible.

The Canadian Institute of Child Health (CICH) is a national, charitable organization founded in 1977 to promote the health and well being of all children and youth in Canada, and has a successful history of developing and implementing initiatives to increase public understanding and awareness of child health issues. CICH puts information directly in the hands of communities and parents through its programs and resources. Our areas of focus include healthy pregnancy and childbirth, healthy child development, safe environments, monitoring child and youth health and well-being and advocacy on behalf of children and youth.

We hope that this kit will be a valuable addition to your program. To purchase additional copies of this kit or other CICH publications, please contact our office. This kit is also available in French.

Janice Sonnen
Executive Director

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