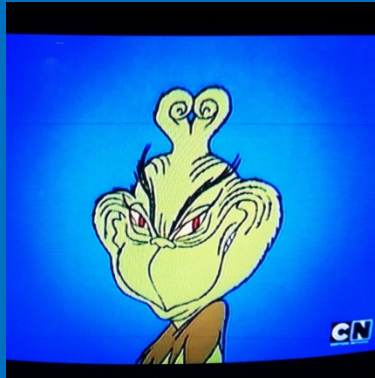


Hygiene Help From The Grinch

By Lisa Stern, RN

Stink, Stank, Stunk



You're a foul one, Mr. Grinch,
You're a nasty wasty skunk,
Your heart is full of unwashed socks, your soul is
full of gunk, Mr. Grinch,
The three words that best describe you are as
follows, and I quote,
"STINK, STANK, STUNK"!



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How Can I Keep Kids From Smelling Good???

Don't be like Grinch.... Follow these good hygiene habits!



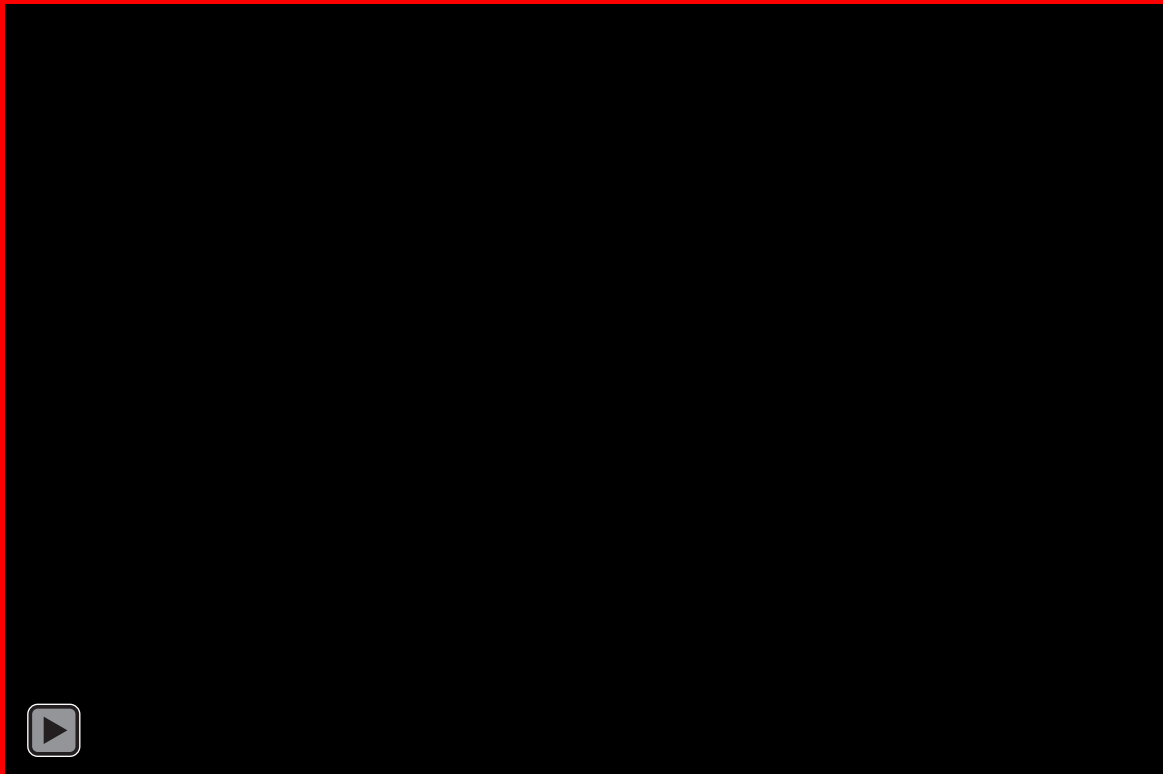
Remember when you were little and didn't need to worry about smelling bad?

**Now that you are older you must take care of your body
so it doesn't start smelling "grinchy."**

Wake up early
enough to
get all your
"cleaning" done.

*Before you leave for school
You should...*

- *Take a shower/bath*
- *Apply deodorant*
- *Wear clean clothes*
- *Brush your teeth*
- *Comb your hair*

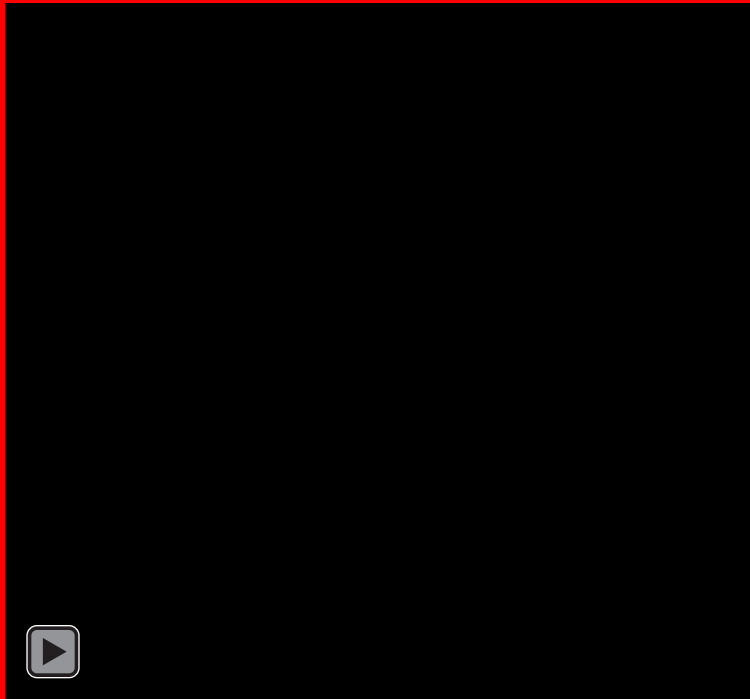


Wear Clean Clothes EVERY DAY

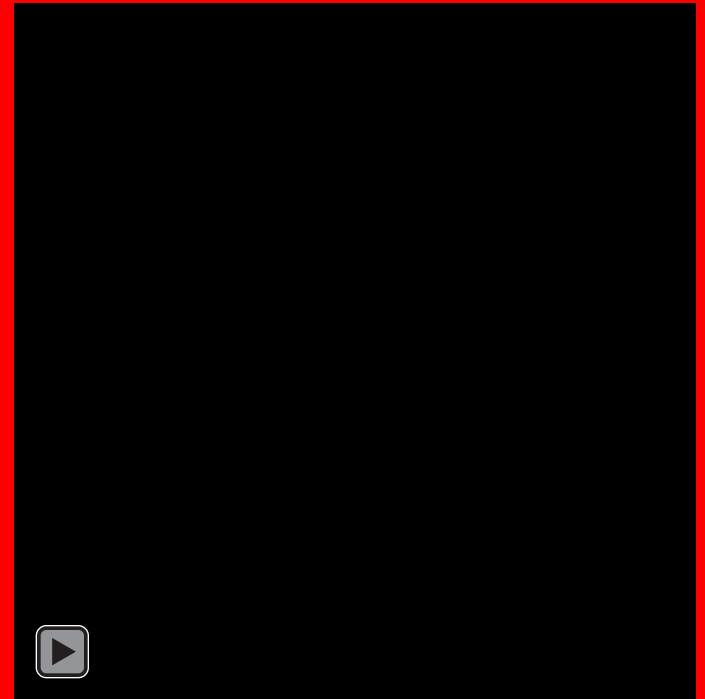
- Clean underwear & socks too.
- Jeans can probably be worn more than once.
- Follow the dress code.
- Don't use the "sniff" test unless you are smelling someone else.
- Clothes on the floor probably aren't clean.

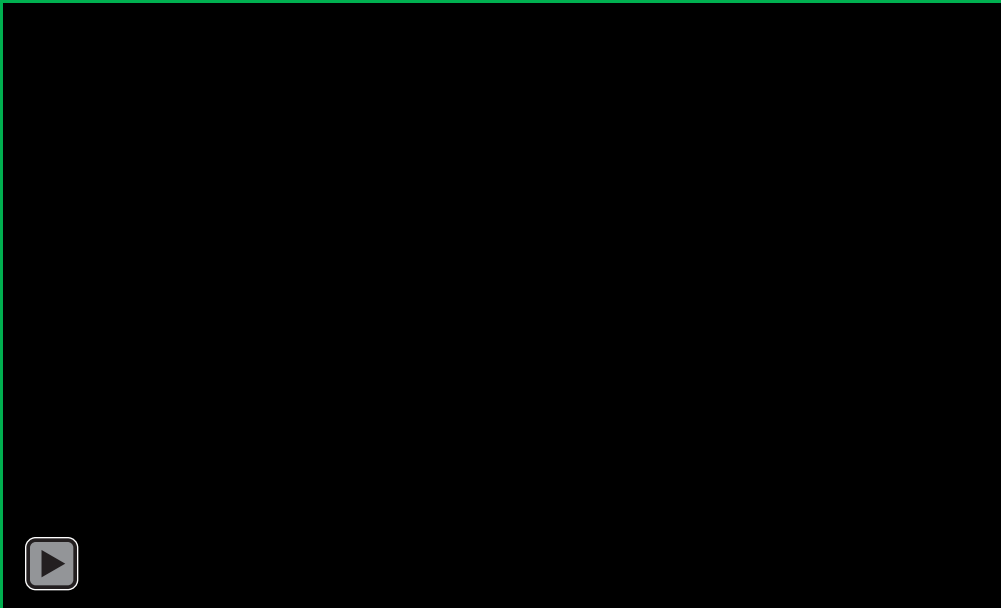


Look fabulous



Find your style





Apply Deodorant

- Needs to be applied to a CLEAN body
- Cologne or perfume is NOT the answer!
- Use every morning before school and before/after physical activity.

all about the
Grinch's Teeth





Teeth need to be brushed at least twice a day!

*In the morning
after breakfast*

*At night before
you go to sleep*





**Teeth need to last you
the rest of your life!**

Take care of them.

**Bad breath is a sign of
teeth that need to be
brushed!**





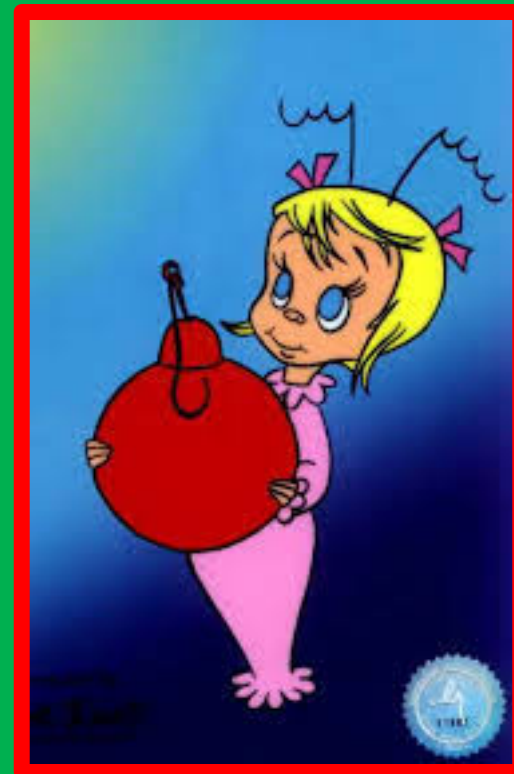
**Take a bath or shower every morning or night.
Use soap and shampoo.**

**Before school is best to keep the germs and
smells away.**



Wash and brush your
HAIR

The style is up to
you!



"Greasy" hair is a build up of dirt and oil

Both you AND your classmates are happier if you are clean and smell good.





Please take care
of yourself.

It will even make
a Grinch happy.