

MONSOON HYGIENE MADE EASY

Simple habits to help your child stay healthy
this rainy season

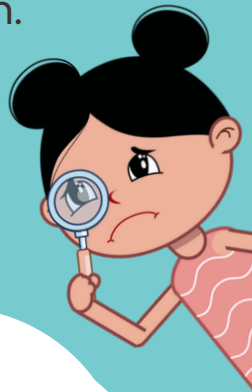




LITTLE HABITS MAKE A BIG DIFFERENCE

The monsoon brings puddles, muddy shoes, and lots of opportunities for outdoor fun – but it also means extra germs. Instead of reminding your child all day, focus on building **simple routines** they can remember and eventually do on their own.

CREATE A "RAINY DAY RESET"



Every time your child comes home, follow the same routine:

- Shoes off at the door
- Change out of wet socks and clothes
- Wash hands with soap for 20 seconds
- Dry feet well, especially between the toes
- Sip a glass of water before getting back to play



Doing the same steps every time helps build a lasting habit.

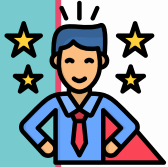


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TURN HYGIENE INTO A GAME



- **Germ Detective** - "Can you find all the places germs might be hiding after the park?"
- **Bubble Challenge** - Can you make enough bubbles while washing your hands before the timer or your favourite chorus ends?
- **Rainy Day Checklist** - Let your child tick off:
 1. Shoes away
 2. Wet clothes in the laundry basket
 3. Hands washed
 4. Feet dried



DON'T FORGET THESE LITTLE THINGS



Teach your child to:

- Keep a handkerchief or tissues handy.
- Avoid sharing water bottles.
- Cover coughs and sneezes with their elbow.
- Tell an adult if their shoes or socks are wet.



These small habits help protect the whole family.



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YOU ARE THEIR BIGGEST ROLE MODEL



Children notice what we do more than what we say.

If they see you:

- washing your hands after coming home
- changing out of wet clothes
- drying umbrellas and shoes
- keeping shared spaces clean

...they're much more likely to do the same.
Build the routine together, and it soon becomes second nature.



Note for Parents

The goal isn't to make children worried about germs. It's to help them understand that taking care of their body is part of **taking care of themselves**.

Healthy habits don't need to feel like chores – they can become part of everyday life, one small routine at a time.



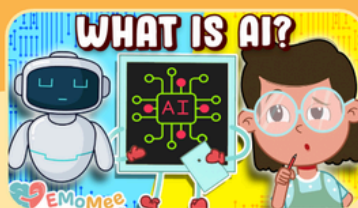
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About Emomee:

EMoMee on YouTube



Emomee blends cartoons to turn everyday moments into meaningful learning for young children. Through bite-sized animated episodes our characters- E, Mo & Mee – guide kids through big questions like “Who invented toothbrushes?” and “What if we never wash our hair?”, while also helping them build everyday habits like brushing teeth, sharing, and tidying up. With storytelling that’s both fun and emotionally rich, Emomee makes growing up feel like an adventure.



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