1 through 3 year

Handwashing:
- Frequently maintain tip top with soap and water.
- Mother washes both hands with soap and flowing water.

Feeding:
- Properly preparing food for baby.

Water:
- Properly treated water for baby to drink.

Food preparation and child feeding:
- Wash all fruits, vegetables or other foods to be consumed with water before treating to children.
- Use treated water to prepare food for children.
- Heat baby’s food completely so that it is looking or steaming thoroughly before serving. Allow to cool in air to

Leaky minimizes more “child-friendly”
- Insulate narrow the donations so that the target can hold and feel stable and arrange.
- Make a seat that can be placed over the donors in white and military care in. When buying or exhibiting a new bottle, one can take more suitable for useful in.

1 through 3 year

Handwashing:
- Regularly maintain tip top with soap and water.
- Mother washes both hands with soap and flowing water.
- After cleaning eating, keep food for baby.
- After feeding baby.
- After cleaning eating and disposing waste.
- After using latrine after wash.
- Regularly wash child’s hands with running water, particularly before feeding.

Food preparation and child feeding:
- Keep convenient bowl of healthy foods to best take care of your children. Never put any food or place on children for children.
- Keep children/ adult fixed and children apart (either colorful clothes or place-pleasing for children).

Wash:
- Follow the recommendations shown in 1 through 3 years age group.

Safe management:
- Have under 3 year child in poty.
- Put some water, ash, sand and dirt in

4 through 6 year

Handwashing:
- Regularly maintain tip top with soap and water.
- Mother washes both hands with soap and flowing water.
- After cleaning eating, keep food for baby.
- After feeding baby.
- After cleaning eating and disposing waste.
- After using latrine after wash.
- Regularly wash child’s hands with running water, particularly before feeding.

Food preparation and child feeding:
- Keep convenient bowl of healthy foods to best take care of your children. Never put any food or place on children for children.
- Keep children/ adult fixed and children apart (either colorful clothes or place-pleasing for children).

Wash:
- Follow the recommendations shown in 1 through 3 years age group.

Safe management:
- Have under 3 year child in poty.
- Put some water, ash, sand and dirt in

Essential wash actions
To promote child growth

A reference guide
Improving how families manage feaces, maintain hygiene and keep water safe helps ensure young children grow strong and healthy. You can help families especially mothers of infants and young children up to 5 years to improve water, hygiene and sanitation practices.

This guide is for YOU, to help you recognize the key behaviors to encourage BY EACH AGE GROUP.

Prenatal

Handwashing:
• Get set up to tap handwashing station near latrine and cooking area
• Regularly maintain lappet tap with soap and water
• Wash both hands with soap and fooding water after defecation
• Preparing/auxiliary/touching of food after defecation

Newborn through 6 months

Handwashing:
• Regularly maintain lappet tap with soap and water
• Birth attendant and all caretaker wash hands with soap and fooding water before picking up infant, especially the first 3 months
• Mother wash both hands with soap and fooding water before breastfeeding your baby
• Wash hands with soap and fooding water after visiting toilet
• Wash hands with soap and fooding water after changing baby and defecating

Animal feces disposal:
• Keep confined free of chicken flocks by arranging weekly disposal of wastes in a specific place
• Keep chicken fowl and children apart from carnal chickens or use playpens for children

Hardwatering:
• Regularly maintain lappet tap with soap and water
• Mother washes both hands with soap and fooding water before preparing food for baby
• After sleeping baby and defecating
• After washing baby herself

Safe feces management:
• Use soft cloth/napkin/paper to catch feces
• Dispose of feces from children in water in pits, latrines or outdoors for at least one week
• If disposing of entire diaper, dispose into solid waste where animals can not get it
• Wash a few collected chicken manures by mixing out, during fifty minutes after fooding into the latrine, contained garbage, or just leave sitting away from tree/vegetable/water sources
• If you hold this intent is to no sour/flies or rodents, use soap to throw into latrine

Food preparation and child feeding:
• Wash any nuts, vegetables or other foods to be consumed with treated water before serving to children
• Use treated water to prepare food for children
• Heat baby’s food completely so it is boiling or simmering through before serving. Allow to cool in or in safe temperature
• Keep water in or in safe temperature
• Wash basin/food with soap before feeding a child

Animal management:
• Keep compound free of chicken flocks by arranging weekly disposal of wastes in a specific place
• Keep chicken fowl and children apart from carnal chickens or use playpens for children

Water:
• Provide treated water to your baby to drink
• When washing any laundry with soiled lenses in shallow or under the tap with water (soak/for 2 minutes, rinse/quartz/soak), contain waste water until separated and dispose of it in latrine or ‘long’ away from immediate and distant places away from a child’s environment

7 through 11 months

This is a tool for you!