

## Hygiene Tips for Middle School Students

Middle School students are starting puberty and hormones are kicking in. Along with puberty hygiene needs change drastically. Please do not assume that your child understands these changes and how to handle it. We discuss hygiene in school but parents also need to be a good example and help by teaching good hygiene at home.

Do you need help getting started? Here are some helpful tips:

**Showering/Bathing.** Middle school aged children need daily bathing/showering. They need to use a mild soap and concentrate on their face, hands, feet, underarms, groin and bottom.

**Washing Hair.** Not everyone has to wash their hair every day. Some teens maybe ok to do so every other day. This depends on if they have oily hair, which can look greasy and cause acne.

**Using Deodorant and Antiperspirants.** At this age children sweat glands become more active and their sweat changes, causing it to smell stronger. When you start to notice this, it is time for them to start using deodorant on a daily basis.

**Changing Clothes.** Now that your child is in middle school and their bodies are changing so must their clothes. It's not ok to wear the same shirt, socks and under wear day after day. Along with showering wearing clean clothes is an important part of teen hygiene. Sneakers are a source of odor. They should not be left out to get wet. Socks should always be worn with sneakers. This helps with odor and possible infections and athletes foot.

**Preventing Acne.** Not all teens have acne but washing their face once or twice daily is important.

**Good Oral Hygiene.** Teens can get lazy about oral hygiene. Brushing and flossing is very important. This will not only prevent tooth decay but will help with bad breath.

Make good hygiene a responsibility. Explain to them that they have to start taking care of themselves. Teens do not want to smell bad and they certainly do not want to be excluded or made fun of.

If you are having trouble getting your child to practice good hygiene talking to your doctor is always an option. They can always speak to them about the importance of good hygiene.