

## **Hygiene Tips for Middle School Students**

In middle school aged children bodies are changing and hygiene upkeep needs changed as well. 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.

**Showering/Bathing**-Students should be doing this on a daily basis using mild soap and concentrate on their face, hands, feet, underarms, and private areas.

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

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

**Changing Clothes**-It is not ok to wear the same shirt, socks, or underwear day after day. Along with taking a shower or bath clean clothes is an important part of teen hygiene. Shoes are also a source of odor, they should not be left out to get wet and socks should be worn with them to prevent odor and athletes foot.

**Preventing Acne**-Washing their face once or twice a day is important to prevent and treat acne.

**Good Oral Hygiene**-Make sure your teen is brushing and flossing each morning and night. This will help prevent bad breath and tooth decay.

**Please make sure to make good hygiene a responsibility for your child.  
If you have any questions or need any assistance please feel free to contact me at  
812-659-3915 ext 232.**

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