Manual for Day Care Centers on Garantisadong Pambata
If the wealth of a nation lies in the health of its people, then it is wise to make health programs the national priority. And if we are to invest our time, resources and energies on solutions that benefit us in the long term, rather than on quick remedies with fleeting effects, then there is no more effective place to begin than with our children.

But infectious diseases, such as worm infections, diarrhea, the common cold, skin infections, as well as tooth decay, continue to afflict millions of Filipino children. The problem is especially glaring in places with little access to proper health care and awareness of preventive measures that can stop these even before they begin.

The Department of Health’s Garantisadong Pambata program, a campaign that supports health programs geared towards reducing childhood illnesses and deaths, is proud to support Fit for School, a multi-sectoral effort to instill healthy and hygienic habits in our children during their formative years. Teaching our children basic habits — such as daily handwashing with soap, toothbrushing with fluoride, regular deworming and wearing proper footwear as necessary — targets the root cause of many harmful diseases and their potential lifelong damaging effects. Garantisadong Pambata works in partnership with local government units and non-government organizations in implementing policies designed to improve health care for children all over the country.

My sincerest congratulations to the local government units, non-government organizations, foreign and local agencies and the Fit for School organization for a program so vital to national wellbeing.

Mabuhay!

Francisco T. Duque III, MD, MSc
Secretary of Health
Philippines
The best legacy we can pass on to our children is to supply them with the tools of self-reliance and a sense of responsibility. At its most basic level, this includes teaching them how to take care of themselves and to value their health.

The Department of Social Welfare and Development (DSWD) believes that the good habits learned in childhood will serve an individual well for the rest of his or her life.

That is why the DSWD fully supports the Fit for School program, the community’s collective effort to uplift the state of health of our young by teaching them hygienic habits, and by helping them understand that their health is in their own hands.

The success of Fit for School programs currently in place in a number of provinces is a result of the efforts of the children themselves, the social workers and day care workers and local government officials. This model, if successfully implemented throughout the whole Philippines, will bring unprecedented relief to the country.

The Fit for School manual is a clear and user-friendly reference material that is a valuable tool in implementing this simple yet very effective program. For their efforts in producing such an indispensable guide, my sincerest thanks go to InWent and GTZ, Germany; to the World Health Organization Collaborative Centers in Jena, Germany and Nijmegen, the Netherlands; and the College of Public Health in UP Manila for the technical support.

To everyone who has seen it fit to invest in the future of our children — day care workers, health officials, local government officials — congratulations to you. This manual is indeed a valuable tool in ensuring a bright and healthy future for our children.

Dr. Esperanza I. Cabral
Secretary of Social Welfare and Development
Philippines
Handwashing has been recognized as the most important step in avoiding sickness and spreading germs to others.

**INFECTIOUS DISEASES**
Infectious diseases are diseases that spread from one person to another. Worm infections, diarrhea, common colds, coughs, even bronchitis and skin infections are the most common infectious diseases. Lack of cleanliness is the root cause for the spread of these diseases. If we all take care to keep ourselves, our home and our day care center clean, and impart healthy and clean habits to children, we can stop most diseases before they start.

**FACT**
Scientific research gathered in several studies shows that regular handwashing with soap can reduce the rate of diarrhea by 31% to 47% and respiratory illness by 30%.

You should always wash your hands with soap after using the toilet, after handling pets, before handling food and before eating.
Proper handwashing is part of the daily routine at day care centers, and should be done by children as a group activity.

The best time to do this is before eating at recess or at lunch time.

With the help of parents, day care workers should organize the line formation of children for the handwashing activity.

After about a week, children get used to washing hands together so the role of the day care worker will become much easier.

Day care workers are to remind children to wash their hands with soap after using the toilet.

Children are encouraged to be advocates for handwashing with soap and make it a routine in family life.

Guidelines for Daily Handwashing

1. Wet hands with running water.
2. Apply soap and create lather.
3. Rub palms together and create even more lather.
4. Rub fingertips against palms to remove dirt under fingernails.
5. Intertwine fingers and rub them against each other.
6. Grasp thumb and rub with a twisting motion. Repeat for other thumb.
7. Rub left palm against the back of the right hand, and vice versa.
8. Rinse hands with running water.
9. Dry hands in the air by shaking off excess water.

Towels become a source of infection after the first use.
Frequently Asked Questions | Handwashing

When washing hands, can I use any kind of soap?
Yes. With proper use, all soaps, even laundry and dishwashing soaps, are effective in cleaning our hands. However, laundry soaps have a stronger formula than other soaps.

Do we need to use antibacterial soap?
No. It is the action of rubbing and not the type of soap that physically removes bacteria from the skin.

How can you implement handwashing with soap in schools that have no access to water?
Access to water is essential. Activities can be started using collected rainwater and tippy tap wash stations. It is important to make water an issue and lobby for access to water in the barangay council.

Can rainwater be used for handwashing?
Yes. If water is scarce, water from a well, rainwater and even seawater can be used for handwashing, but it is of utmost importance that handwashing is always done with soap.

Why is it also important to trim fingernails?
Parents must make sure children’s fingernails are well trimmed so that they collect less soil and are easier to keep clean.

If water is scarce, can two or more children use the same water from a basin for handwashing?
Children should not use the same water from a basin when washing hands together as they will also share their germs. Children should rinse their hands individually and it is best to use flowing water.

Can I participate in the promotion of handwashing and how?
Yes, everyone is welcome to join the global movement for handwashing with soap. All you have to do is make it a habit in your own personal and professional life, talk about it among family members, friends and colleagues. Encourage your neighbors, your church and your sports mates to join and carry out handwashing activities. It feels good to be part of this important global initiative.

Is the promotion of handwashing only being done in the Philippines?
No, this is part of a global initiative to promote handwashing. It is proven that handwashing with soap is the single most effective intervention in reducing the spread of infectious diseases and thus saving lives. Around the world, different stakeholders such as UNICEF, the World Bank, universities, industry partners and governments have joined forces to promote handwashing with soap on a mass scale. The Philippine government is now part of this global movement.

Experiences

Mrs. Abad-Santos, Day Care Worker
“In the beginning, some day care workers wanted to know: why do we need to wash our hands together? And other parents asked, what’s the big deal about washing hands anyway? How hard can it be? As part of the Fit for School program, it was my job to explain to them that proper handwashing prevents all kinds of diseases, and it’s a habit kids need to think of not as a chore but as something that’s necessary and good for them. Doing it in groups gets everyone involved and makes it more fun. Some days it’s the kids who actually beat the alarm and say, ‘It’s time for handwashing!’”

Paolo, Day Care Child
“I used to be too lazy to wash my hands with soap. But after our teacher told us what gets on our hands, millions of super small germs that we don’t even see, I always have to wash my hands, especially before eating. I’m afraid the germs will go to my food and make me sick.”
According to the World Health Organization (WHO) and FDI World Dental Federation, toothbrushing using toothpaste with fluoride is the most effective way of reducing tooth decay.

TOOTH DECAY
Tooth decay is the most common chronic childhood disease in the whole world. In low-income countries, nearly all tooth decay remains untreated. As it does not heal by itself, untreated tooth decay may last a lifetime and will have profound consequences on a person’s quality of life and overall health.

Tooth decay is painful and deprives children of a good night’s sleep, making it harder for them to pay attention in school or to interact with other children. Ultimately, it may hinder social development.

You should brush your teeth at least twice a day: once during the day and always before going to sleep.

FACT
The benefit of fluoride in helping prevent tooth decay has been firmly established. Research has shown that school-based fluoride toothbrushing programs lead to a 40% to 50% reduction in new tooth decay. 2, 3
Guidelines for Toothbrushing

1. Before using, remove the two locks from the toothpaste dispenser and pump the plunger until the toothpaste comes out. Reattach only one lock onto the dispenser. Now it is ready for use.

2. Press the dispenser once to apply a drop of toothpaste onto the toothbrush. There is no need to wet the toothbrush with water. If you are using a tube of toothpaste, squeeze only a pea-sized amount onto the toothbrush.

3. Brush all teeth up and down for two minutes.

4. Feel with your tongue if all teeth are smooth and clean.

5. Spit the toothpaste out. Do not rinse your mouth.\(^1\)

6. Wipe your mouth with some water using clean hands.

7. Rinse your toothbrush with water.

8. Return your toothbrush to the toothbrush holder.

Children should start their day with fresh breath and clean teeth.

At the day care center, day care workers are to supervise the daily group toothbrushing activity.

Day care workers should get children to form a line for the group activity and dispense fluoride toothpaste onto each child’s toothbrush.

Although children learn quickly and will know the routine after a week, it is still best for the day care worker to supervise the whole activity and make sure there is no spillage of fluoride, and that each child stores his or her toothbrush properly after the activity.

After a week of training, the whole activity should not take longer than five minutes each day.

Children are encouraged to be champions of clean teeth and fresh breath, and motivate their parents and siblings to brush their teeth, especially before going to bed.

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What can I do to keep my teeth healthy?
Eating nutritional snacks and drinking plenty of water instead of softdrinks and sugary drinks are beneficial for the teeth and the whole body.

Why is it important to use fluoride toothpaste?
In many countries, the levels of tooth decay have fallen by over 50%. In the last 20 years, leading experts around the globe have agreed this is almost entirely due to the use of fluoride toothpaste.

Why do I see blood when the children spit out the toothpaste after brushing their teeth?
Bleeding is a sign of gum infection caused by lack of toothbrushing. It will disappear after one to two weeks of regular toothbrushing in the day care center and at home.

Why is it important to not rinse the mouth after toothbrushing?
Rinsing will reduce the positive effect of the fluoride on your teeth. If you feel a need to rinse the food particles, brush and rinse before brushing a second time without rinsing.

Do I need to change toothbrush every three months?
No. Research has shown that there is no difference in cleaning effectiveness between an old and a new toothbrush in the hands of children.

Is bad breath caused by a lack of oral hygiene?
If teeth are not cleaned, bad breath will annoy the people around you. Some bacteria produce sulfur compounds and it is helpful to brush the tongue intensively because this is where these bacteria reside.

Is toothpaste safe to swallow?
Toothpaste is not intended to be eaten and children are encouraged to spit out the toothpaste. However, it is known that children will always swallow some toothpaste. A pea-sized amount of toothpaste is not harmful as it contains less fluoride than a fluoride tablet that many children receive from their dentist for caries prevention.

Is it true that brushing with fluoride toothpaste can cause discoloration and damage to the permanent teeth (fluorosis)?
For as long as a pea-sized amount of fluoride toothpaste is used, the just-spit-no-rinsing method is safe for children and will not cause fluorosis.

Do we really need to seriously take care of “baby teeth,” which will fall off anyway?
Baby teeth need to be taken care of for the proper growth and alignment of the permanent teeth. When they get decayed, nutrition and quality of life are compromised because the child will not be able to chew properly due to pain and infection. Infection may be carried from childhood to adulthood, or it may spread to other parts of the face and body, which can be life threatening.

Is toothpaste safe to swallow?
Toothpaste is not intended to be eaten and children are encouraged to spit out the toothpaste. However, it is known that children will always swallow some toothpaste. A pea-sized amount of toothpaste is not harmful as it contains less fluoride than a fluoride tablet that many children receive from their dentist for caries prevention.

Mrs. Carina Montenegro, Mother
“I used to think that the ‘baby teeth’ are not at all important because they will be replaced anyway when children grow older. But when an infected upper tooth caused my 2-year-old son to be hospitalized because of a severely swollen face that affected his right eye, I really got scared. He was unable to eat because of high fever and too much pain. We spent a lot of money for his medicines and hospitalization. This is the reason why PREVENTION is very important. We do not want to compromise nutrition and good health by not teaching them good personal hygiene.”

Ms. Salva, Day Care Worker
“These early formative years play a very important role in the rest of a person’s life. The habits acquired at this time, like good toothbrushing and handwashing habits, will be carried over forever — learning them at a later stage, if at all, might prove too late. We didn’t have such basic information available to us when we were little, so many of us either suffered from bad breath as children or had to wear dentures by the time we were in our late twenties. Such things could have easily been prevented by simple habits. So now I take my job seriously, making sure the children at the day care center are properly taught these things. This will make happier, more confident grownups in the future.”
Injuries, infected wounds and dangerous hookworm infections can be prevented by the simple act of using footwear — slippers, sandals or shoes — especially when stepping out of the home.

THE DANGERS OF GOING BAREFOOT OUTDOORS

Do not go barefoot or allow children to do so. Hookworms enter the body through the soles of the feet and cause severe anemia. Wearing slippers, sandals or shoes as a protective barrier prevents hookworm infections and injuries.

FACT
Footwear prevents the contracting of worms through the feet and greatly reduces the risk of injuries, including open wounds and gashes.
Nowadays worm infections can be controlled through biannual deworming with inexpensive, highly effective single-dose drugs.

**COMMON WORM INFECTIONS**

Soil transmitted helminth (STH) infections, also known as worm infections, and schistosomiasis are very common. School-age children in developing countries are the most heavily infected population.

Untreated worm infections cause anaemia and may lead to poor mental development. Anaemic children are always without energy and are generally too tired to participate in social activities. Eventually, they lose all interest in school. Heavily infected children will not grow as expected for their age, and malnourished children will become even more so.

In the Philippines, 7 out of 10 elementary school children have worms, with 2 out of 10 being heavily infected.

**FACT**

An evaluation of the impact of school-based deworming among children in Kenya revealed that deworming children reduced absenteeism by 25%.

Intestinal worms are harmful parasites that derive food and shelter from their human hosts. Poor environmental sanitation and poor personal hygiene are major factors that expose humans to these parasites.
Local government unit (LGU) health personnel in collaboration with the local health worker will orient parents and day care workers on mass deworming to address all questions and concerns.

The health worker will coordinate with the day care worker to schedule a day for deworming.

The day care worker will call five children at a time and distribute the deworming tablets. These tablets will be chewed by the children immediately under direct observation of the day care worker.

A volunteer parent will assist the teacher in documenting the entire activity.

Mass deworming will be held every six months.
What are the symptoms of worm infection?
Worms and other parasites live in human intestines and cause disease. Some worm types can be seen in the stool, while some worms lay their eggs outside the anus and cause itching, especially at night, which disturbs sleep. If the infection is not treated, an infected person may experience loss of appetite, abdominal pain and decline in energy levels resulting in decreased physical and mental performance. An infected person will also experience a deficiency in vitamin A, which leads to anemia (for hookworm cases only), dry eyes and even blindness. The body of an infected person cannot absorb food properly, which then leads to malnutrition and intestinal obstruction.

How can I prevent the children from being infected?
The prevention of worm infection requires improvement of personal hygiene and sanitation facilities. First, use a toilet whenever possible. Second, always wash hands with soap after going to the toilet and before eating. Rubbing hands with soap will get rid of microscopic worm eggs you or the child may have picked up. Third, wash vegetables thoroughly with clean water. Fourth, keep fingernails and toenails short. Finally, always wear shoes or slippers to keep feet from direct contact with the soil.

Are deworming drugs safe?
Deworming drugs are safe and can also be given to non-infected children. They are safe for all children above 1 year of age.

Why should my child be dewormed again when he was dewormed last year?
Children will easily be reinfected. Therefore, deworming is needed every six months. It will prevent chronic infection and a heavy worm load.

Can we deworm without a lab result?
The World Health Organization recommends the deworming of all children without prior laboratory testing if the infection rate in the area is higher than 50%. The infection rate in the Philippines has been higher than 50% in all areas surveyed. Deworming of all children is recommended in schools as the drugs used are safe even for non-infected children.

Why was my child dewormed in school and in the community several times last year?
In the past, there have been overlapping deworming programs. Collaboration between the Municipal Social Welfare Development and LGU health offices and barangay health workers will assure coordination and mainstreaming of efforts.

Why do children have the highest risk of intestinal worm infection?
Most intestinal worms are so-called “soil transmitted helminths,” which means that the infection is spread through soil. Soil is easily contaminated with human excreta or waste. Children play on the ground then put their fingers in their mouths and get infected. Thus, proper handwashing before eating is very important.

Experiences

Ms. Wilma Galela, Municipal Social Welfare Development Officer
"I like the Fit for School program because the approach is wholistic. Oral health is integrated with general health. The concept of being clean in (mass deworming) and out (handwashing and toothbrushing) is so simple and yet its effects on disease control and prevention are staggering. The approach also promotes empowerment and the Filipino spirit of ‘bayanihan’: teachers, parents and community leaders all helping one another in building a healthy environment for the children, the future of our country."

Ms. Teresita Lumen, Mother, Bukidnon
"I heard a story once from the next barangay about a little boy who became deaf and blind after deworming because the worms came out of his eyes and ears. Another story was that hundreds of worms came out of a little girl’s anus. Too many horror stories about deworming, and of course I never want those things to happen to my children! Finally the nurse told me the stories weren’t true. She also said being free of worms would make my kids eat better and feel livelier, so I agreed. Two worms came out of my daughter and three from my little boy. Now they are much better and healthier.”
5. Roles & Responsibilities

The Fit for School program identifies different roles to ensure the smooth implementation of daily handwashing with soap and daily fluoride toothbrushing. Children are not only the beneficiaries but also the prime actors of day care health programs.

**THE ROLE OF THE CHILDREN**
- participate willingly in each of the activities
- cooperate enthusiastically with the day care worker by listening to instructions and following them
- line up in an organized fashion for each of the activities, as directed by the day care worker
- behave as directed during each of the activities
- wait for their turn to use the handwashing and toothbrushing facilities
- maintain personal cleanliness and the cleanliness of their surroundings
- inform the day care worker of any problems or questions about the activities

**THE ROLE OF THE DAY CARE WORKER**
- ensure the presence and maintenance of facilities and supplies: toothbrush holders, toothbrushes, toothpastes, soaps, spit trays, sinks, water supply
- orient, facilitate and guide the children in the hygiene routines
- organize the parents and community leaders in the improvement of facilities, completion of supplies and implementation of the program
- implement the deworming procedure
- educate the children and the parents on personal hygiene
THE ROLE OF THE SOCIAL WELFARE OFFICES
- monitor the proper implementation of the program on the provincial and municipal levels
- integrate the program into the monitoring system of day care centers
- consult with the day care workers on possible areas of improvement or contention
- discuss tangible solutions to these issues with the day care workers
- lend support to day care workers when necessary
- coordinate with other sources of local funds, if necessary
- conduct Fit for School capacity-building seminars for all department heads and day care workers
- update the governor about the program and solicit ongoing interest and support
- coordinate with the provincial and municipal budget officers for allocation of funds and efficient procurement of materials

THE ROLE OF THE HEALTH WORKER
- keep open lines of communication with day care workers
- maintain close coordination with the Municipal Social Welfare Development Officer, Provincial Social Welfare Development Officer and day care workers for proper implementation of the program
- supervise proper dissemination of information on health issues throughout the municipality/city
- orient parents and day care workers on proper hygiene and promote mass deworming
- assist parents with special health concerns regarding their children

THE ROLE OF COMMUNITY LEADERS (GOVERNORS, MAYORS, BARANGAY OFFICIALS)
- extend ample moral support to the network of personnel involved in the program implementation
- display leadership and be a role model of community involvement
- take ownership of the project
- allocate an adequate budget for the program
- ensure timely procurement of needed materials
- support improvement of washing facilities and water supply

THE ROLE OF PARENTS
- cooperate with and assist the day care workers in implementing the program
- build the necessary facilities for properly conducting hygienic habits in the day care center
- ensure the habits are practiced at home
- monitor the health of their children
- report their children’s special health requirements to the day care worker
- report injuries or illnesses immediately to the health worker
THE ROLE OF NON-GOVERNMENT ORGANIZATIONS (NGOS)
- support government agencies in fulfilling their public service mandate
- ensure efficient coordination with other partners
- transfer technology and know-how to local units down the line
- seek to improve access to clean water
- support schools and communities in upgrading handwashing and sanitation facilities
- assist in the reproduction of orientation material (manuals, films)
- assist in the financing of capacity development workshops
- motivate schools and divisions by setting incentives, recognizing exemplary work and awarding outstanding performance
- join the advocacy process and promote school health locally, nationally and internationally

THE ROLE OF GUIDING BODIES AND DONOR AGENCIES (UN, WHO, UNICEF, FDI)
- provide technical assistance to government agencies
- take the lead in framework development
- promote and strengthen partnerships among stakeholders to reach a common goal and prevent program duplication and overlapping
- promote best practice models and take an active role in the advocacy process
- promote global partnerships for development

THE ROLE OF PRIVATE PARTNERS
- engage in community partnerships
- encourage community involvement
- provide funds for capacity development
- provide financial support for pilot projects and support the scale-up process
- use mass media for health campaigns
- engage in global partnerships for development
- assist the scientific and academic communities in research and development efforts
- transform new technology into affordable, mass-market health care products

THE ROLE OF THE ACADEME
- conduct research to strengthen evidence of the effectiveness of the interventions
- support government agencies with research
- advocate more affordable health care solutions
- devise and encourage simple and effective health habits
- disseminate information on scientific developments
- transfer technology and know-how to private companies, NGOs and local government units
- work closely with the various development agencies, aid agencies and departments in government to promote the general health and welfare of children
- take an active role in the advocacy process
The program is taking too much of our time. Can it be done once or twice a week instead of every day? A positive change in personal hygiene habits and behavior will occur only if the program is implemented on a daily basis. Doing it once a week or on an irregular basis sends children the wrong signal: that handwashing and toothbrushing can be done as desired. Personal hygiene must be inculcated as a lifetime daily habit for it to be truly effective as preventive health care.

Can the day care worker instruct children in toothbrushing even if he/she is not a dentist? Yes. You do not need to be a dentist to teach proper toothbrushing. Parents around the globe familiarize children in toothbrushing without being dentists themselves. Toothbrushing is a simple life skill and children need to practice it daily in order to master it. Day care workers are well prepared to teach life skills.

What is the role of health personnel if day care workers are deworming and doing handwashing and toothbrushing with the children? Health personnel are the technical experts, they are trainers and managers. Their role is crucial! Managers oversee, support and monitor the program and support day care workers and administrators.

Are day care workers allowed to perform deworming? The World Health Organization recommends that school-based deworming should be done by day care workers. Around the globe, day care workers have been doing this successfully. Day care workers are allowed to perform deworming if parents have signed the informed consent form. Day care workers should be oriented by health personnel on the deworming procedure. The school nurse and the school principal should involve the community and ask the barangay health worker to be present in the school during the deworming day.

How can civic organizations participate in the Fit for School program? Civic organizations (church organizations, Rotary Clubs, Kiwanis) can participate by supporting the communities in obtaining access to water and improving washing facilities. In some areas, civic organizations provide the funds for additional health services, like micronutrient supplementation, eye glasses or urgent oral treatment. It is not advisable that NGOs or civic organizations take on the financial responsibility of LGUs for the needed materials without ensuring sustainability.

Can parents perform the deworming on their own? It is recommended that parents let their children be dewormed at the day care center. If parents feel that additional deworming is required, they should consult their barangay health worker.

Experiences

Ms. Liezl Catapang, Day Care Worker
“At first, I thought it would be very difficult to implement this program with the children. But I realized that after a few weeks, children easily perform the daily routine of washing their hands before eating, then brushing their teeth after eating. In fact, they enjoy doing it every day. It is not difficult after all. And I find so much fulfillment that, in my own small way, I am teaching children a very simple habit that will have a lifetime impact on their health when they grow older. Health is wealth!”

Mrs. Liza Pelayo, Mother
“As parents, we feel the need to help our day care worker in the construction of the handwashing and spit trays and the toothbrush holders. We have assigned one parent to go on duty each day to assist the day care worker in organizing the children, maintaining the cleanliness of the facilities, and providing the water supply by bringing water bottles each day. Parents also assist with the deworming procedure every six months. We have also sought the help of the barangay captain for funding to improve our facilities. We love doing this knowing it’s for our children.”
How to Create a Supportive Environment

Day care centers should provide children in their care with access to water, either from a tap or from water containers (jug, canister or tippy tap).

Day care centers without access to water should develop ways and means to ensure availability of water by encouraging parents to bring water to the school. Access to water in the day care center should be a priority of the barangay.

On the average, at least one liter of water is needed for every child per day.

FACT
According to the World Health Organization, 2.4 billion people live without access to sanitation services and 1.5 billion people live without access to safe drinking water. Over 5 million people, mostly children, die every day from water-borne diseases such as diarrhea, dysentery and cholera.
Tippy taps offer a low-cost solution for day care centers that do not have access to piped water. As a temporary solution, the construction of a tippy tap can be done in each setting, providing sufficient wash stations so that many children can wash their hands simultaneously in an organized manner.

Placing the bottles under the sun for at least six hours will increase the water quality (http://www.sodis.ch). The UV light of the sun will disinfect the water.

Building tippy taps is a fun activity for children, parents and teachers.

**Guidelines for Tippy Tap Wash Stations**

1. Fix a string to the bottle and remove the label.
2. Make a hole in the cap of each water bottle.
3. Attach bottles to the wash stand in such a way that they can be easily turned to an upright position.
4. Place soap in a stocking or a fish net near each bottle.
5. Wet hands by squeezing the bottle. Lather your hands using the soap.
6. Rinse hands or toothbrush by squeezing the bottle.
Guidelines for the Construction of Handwashing and Toothbrushing Facilities

- Daily handwashing and toothbrushing activities require facilities with enough space for a group of children.
- The trough should be slightly inclined so that water can flow from the source to the drain at the opposite end.
- A simple roof over the outdoor troughs allows handwashing and toothbrushing at all times.
- Flowing water is best for handwashing and toothbrushing.
- Hands and toothbrushes may also be rinsed using clean water from a water jug or pail.
- Avoid building handwashing facilities that are too high for little children to reach.

Guidelines for Cleanliness in Day Care Centers

- The entire day care center should be kept clean and well lit.
- Ensure availability of water, either from a tap or from a jug. The day care worker in charge of the center has to make certain that children bring sufficient water.
- Make sure soap is available and placed in a soap dish or a fish net so that the soap stays dry.
- Ensure the availability of a nail cutter, which is to be used only under the supervision of the day care worker.
- Ensure availability of fluoride toothpaste.
- Make sure that a toothbrush holder is available.
- The health corner needs a sink so that individual handwashing can be performed after children have used the toilet.
- Soap must be placed in a soap dish so that it stays dry.
- No towels are needed. Towels become a source of infection after the first use.
- Day care workers and parents must help maintain cleanliness, and must teach children to do the same.
- Do not use soapy/dirty water from a basin.

Flowing water is best for handwashing and toothbrushing.
Guidelines for Creating and Maintaining a Common Toothbrush Holder

Each child will receive one toothbrush with a cap per year. These are to be stored in a toothbrush holder inside the classroom.

The toothbrush holder should be fixed to the wall where children can easily reach it.

The toothbrush holder should be made of cloth or plastic or any material that can be easily washed.

There should be enough space between the brushes to avoid cross infection.

The slots should be designed in such a way that the head of the brush is exposed to the air. The cap has little holes to prevent molding.

Identify each toothbrush and slot with the child’s name and picture.

Using a permanent marker, toothbrushes must be labeled individually according to student name or number.

The label must be wrapped with tape to prevent it from being erased over time.

As an alternative to labeling, have the children personalize their toothbrushes for easy identification.

Placing transparent polish or varnish over the label is another way to protect it.

Never let the children bring the brushes home. A second brush is needed at home.
Monitoring is necessary for determining the strengths and weaknesses of the implementation process and identifying room for improvement.

**MONITORING AND EVALUATION**

Monitoring is important for evaluating the implementation status on the day care center level, as well as on the municipal and provincial level. Evaluation will be done using a score-card system. The scores will serve as the basis for identifying the best day care center per municipality. These day care centers will go on to compete in the search for the most outstanding day care center in the province.

**Guidelines for Monitoring**

Monitoring is carried out in each day care center twice a year.

Monitoring requires the use of the standardized monitoring form.

Monitoring should be done by a social worker, a health worker, a parent-representative and a barangay official.

The monitoring form and competition rules can be downloaded from [http://www.fitforschool.ph](http://www.fitforschool.ph).

**SEARCH FOR THE MOST OUTSTANDING DAY CARE CENTER**

Criteria for the competition:

- Compliance with implementation guidelines
- Time needed to perform handwashing/toothbrushing
- Establishment of washing and toothbrush storage facilities
- Community participation in the program
- Creative and innovative implementation of EHCP
Phase I: Preparation

- Conduct primary assessment.
- Read the manual and view the video.
- Set a meeting with the parents and the officers of the parents’ association.
- Show the manual and the video to parents.
- Discuss how parents can contribute to the construction of handwashing facility, spit trays or sink and toothbrush holder.
- Set a meeting with the barangay captain and community officials. Encourage their support and participation.
- Set a meeting with LGU health personnel for the implementation of mass deworming.
- Supervise the construction of the facilities together with the parents and barangay officials.
- Position the toothbrush holder where children can easily reach for their toothbrushes.
- Request supplies (toothbrushes, toothpastes, soaps) from MSWDO.
- Label or properly identify individual toothbrushes with the child’s name using permanent marker.
- Label each child’s toothbrush slot with his or her name and picture.
- Place toothpaste bottle and soap in the health corner.

Phase II: Implementation

- Ask the children to line up to wash their hands before eating.
- Have them wash their hands for at least 20 seconds.
- Rinse hands using running water, tap water or water jug.
- Ask children to shake their hands in the air to dry them.
- Encourage children to eat healthy snacks and drink water during meals or recess.
- Ask the children to line up and help them get their individual toothbrushes from the toothbrush holder after they finish eating.
- Dispense a pea-sized amount of fluoride toothpaste onto toothbrush bristles.
- Ask the children to form a line beside the water sink or spit trays.
- Have the children “dry brush” their teeth (brush without water). Time toothbrushing for two minutes.
- Make sure children just spit and do not rinse their mouths after toothbrushing.
- Children should clean their toothbrushes with water.
- Make sure children wipe their mouths with wet but clean hands.
- Do this activity every day.
- Report problems to MSWDO.


