

Teaching children about hygiene Handy books on cleanliness are given away

Free books teaching children about germs and the importance of washing hands are being given away this week.

The books can be picked up by parents at a pop-up space in Highcross shopping centre, Leicester, today.

A Germ's Journey was written by Dr Katie Laird and Dr Sarah Younie, of De Montfort University.

The book's pages have special thermochromic paint which reacts to the warmth of a child's hand, revealing microbes underneath. It helps to communicate the concept of in-

BY STAFF REPORTER

visible germs and underline the important hygiene message of hand washing to children.

Dr Laird said the idea was to introduce the concept of the invisible germ to youngsters aged from three to six. She said: "Often, children cannot understand there are germs on their hands because they cannot see them."

"Working through the book they can see the germs appear and it also allows parents and carers to have the conversation around hand washing."

"At the back of the book is information for the parent on how to interact with the book and teach their children about germs."

Six-year-old Daisy Adams, from Arnesby, got her copy of the book earlier this week.



Mum Katie said: "I think it's a great idea. She is quite aware of washing her hands but this is a creative way of teaching children and making it fun."



The pop-up space at 5 Shires Lane, off High Street, has been provided by WOTSpace, the Highcross' community outreach programme.

Children can also take part in colouring and games.





PICTURE: BETH WALSH
GOT THE BUG:
A Germ's Journey
author Katie Laird
with Daisy Adams, six

Pablo and Norris
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