

ATTENTION PARENTS : TEACHING TOILET ETIQUETTE AND SANITARY NAPKIN DISPOSAL TO CHILDREN AT HOME

Dear Parents,

We hope this circular finds you in good health and spirits. We believe in nurturing not only the academic growth of our children but also their personal development and hygiene habits. In this regard, we kindly request your cooperation in teaching essential life skills related to toilet etiquette and sanitary napkin disposal to your children at home.

- A. TOILET ETIQUETTE:** Teaching children proper toilet etiquette is crucial for their overall hygiene and societal awareness.

WE ENCOURAGE YOU TO DISCUSS AND REINFORCE THE FOLLOWING POINTS WITH YOUR CHILDREN AT HOME:

1. **Hand Washing:** Emphasize the importance of washing hands before and after using the restroom. Teach them the correct technique to ensure thorough cleanliness.
 3. **Flush After Use:** Remind children to always flush the toilet after using it. This helps maintain cleanliness and respect for others using the facilities.
 4. **Privacy:** Teach your child to respect others' privacy while in the restroom. Encourage them to wait patiently, if the restroom is occupied it has been noted, senior boys bang the toilet doors.
 5. **Aim and Cleanliness:** For boys, guide them on proper aiming to keep the toilet clean. For girls, ensure they know the importance of cleanliness in maintaining personal hygiene.
 6. **Flushable Wipes:** Educate your children about proper disposal of flushable wipes. Remind them not to flush non-flushable items like tissue paper, toys, or wrappers. It is very often brought to my notice by the Safai Karamcharis, that children in spite of being told repeatedly throw non-flushable items like wrappers, foils, hankies and much more, into the toilets.
- B. SANITARY NAPKIN DISPOSAL:** It's essential to create an environment where discussions around menstrual hygiene are comfortable and informative. Mothers are requested to educate daughters on the proper disposal of sanitary napkins in school toilets. We are not denying that the school will not own up the responsibility of educating the girls, but a re-enforcement at home will help the school to keep toilets clean.
1. **Wrap and Dispose:** Teach your daughters to wrap used sanitary napkins in the disposal wrappers or bags. This prevents exposure to germs and keeps the surroundings clean. A wrapper can be a newspaper also.
 2. **Dedicated Bins:** Dedicated covered bins provided by the school are to be used for disposal of sanitary napkins in the restroom.
 3. **Regular Change:** Encourage your daughters to practice Menstrual Hygiene.
 4. **Discreetness:** Advise them to dispose of sanitary napkins discreetly to maintain their privacy and comfort.

We believe that imparting these hygiene practices to our children will not only instill good habits but also contribute to a healthier and more respectful living environment for all.

We appreciate your support in this endeavor. Thank you for being partners in our mission to raise responsible, well-rounded citizens of the future.

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