



HEALTHY HABITS

FAMILY ACTIVITY BOOKLET

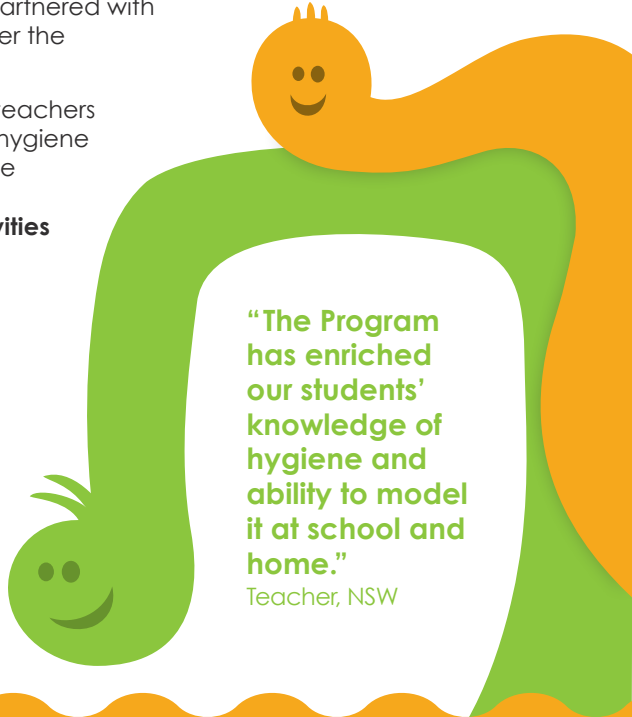


WELCOME

Dettol celebrates those special moments families share together. Where children explore and discover, run, make a mess, search for treasure and create memories that will last forever.

We're also passionate about helping protect the health of families through improved hygiene practices. That's why Dettol has partnered with educational professionals to deliver the **Healthy Habits School Program**.

The Program is designed to assist teachers in educating children on healthy hygiene routines...and, to encourage these learnings beyond the school bell, we've shared some **tips and activities** to help your family enjoy life, while keeping healthy.



"The Program has enriched our students' knowledge of hygiene and ability to model it at school and home."

Teacher, NSW

THE 100% READY CHECKLIST

Help ease the stress of school mornings by introducing a routine that involves the whole family. Try this **simple checklist** that encourages your children to take responsibility and help get you out the door quicker...and calmer!



- I have made my bed
- I am dressed
- I ate my breakfast and have washed my hands
- I have brushed my teeth and hair
- I have packed my lunch and backpack
- I have put on my shoes
- I am 100% ready for school

WHAT'S INSIDE?

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Want more practical tips? Visit dettol.com.au/healthyhabits



TIP

For extra motivation, set up a family rewards chart.



OUTDOOR ADVENTURES

To advocate our love of adventure, we'd like to share our favourite outdoor activities for the whole family to enjoy together.

GET A SPRING IN YOUR STEP

Get active with a morning walk together before treating the kids (and yourself) to a wholesome breakfast.

LEND A HELPING HAND

There are many fun ways to get outside and contribute to the community. Participate in a clean-up, garden at a local park, help at an animal rescue or visit the elderly.

GARDEN SEED BALLS

Let your kids get hands on with nature. Simply roll dirt into balls, press in some flower seeds, leave them in the sun to harden and then drop them in the garden. Wait and watch for the surprise pops of colour.

REMEMBER TO ENCOURAGE YOUR KIDS TO WASH THEIR HANDS AFTER PLAYING OUTDOORS, TRY DETTOL FOAM HAND WASH.

OUTDOOR BOWLS

Use recycled plastic bottles or cans (paint them white and add a red stripe – optional), make a family score card, grab a ball and start bowling.

OBSTACLE CHALLENGE

It's free, super easy and we all know the benefits of physical activity. What's better, get your kids involved in designing the obstacles from household items.

BACKYARD TWISTER

Grab a few cans of line marking paint, or sheets of coloured paper (red, yellow, blue and green) and you're on your way to the best family backyard twister game in history.

family fun

Healthy LUNCH BOX challenge

Providing healthy food for school will support children's growth and development and can help set the foundation for life-long healthy eating habits. Kick start your family's healthy eating journey with our 5-day lunch box challenge. We've included a sample day-by-day meal plan...shopping list included.

COLOUR IS BEST

Use the colours of the rainbow to help include a variety of foods and make your child's lunch box exciting.



DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Natural yoghurt with honey	Wholegrain crisp bread and cheese	Seasonal fresh fruit (e.g: apple)	Capsicum and carrot sticks with dip (e.g: hummus)	Seasonal fresh fruit (e.g: orange)
LUNCH	Wholegrain roll with chicken, lettuce and avocado	Brown rice salad with tuna, cherry tomatoes and cucumber	Rye wrap with hummus, lettuce, carrot and cucumber	Wholemeal roll with egg and lettuce	Rye wrap with tuna, lettuce, celery and cheese
AFTERNOON TEA	Seasonal fresh fruit (e.g: berries)	Natural yoghurt with berries	Wholegrain crisp bread and cheese	Seasonal fresh fruit (e.g: banana)	Natural yoghurt with honey

Meal plans are a general guide only and are not intended to be substituted for professional medical advice. Please ensure you follow any individual health and nutritional needs.

SHOPPING LIST

- Natural yoghurt
- Honey
- Wholegrain crisp bread
- Cheese
- Seasonal fresh fruit (e.g: apple, bananas, berries)
- Large capsicum
- Large carrot
- Hummus
- Wholemeal rolls
- Rye wraps
- Chicken breast
- Lettuce
- Avocado
- Brown rice
- Tuna
- Cherry tomatoes
- Cucumber
- Eggs
- Celery
- Ham

MINIMISE CROSS-CONTAMINATION WHEN PREPARING AND HANDLING FOOD, TRY DETTOL SURFACE CLEANSER WIPES AND DETTOL NO TOUCH HAND WASH TO HELP KEEP YOUR SURFACES CLEAN AND YOUR FAMILY HEALTHY.

Always read the label, use only as directed.

BATTLING GERM HOTSPOTS

Let's be realistic, between running errands and taking care of our family, it isn't always possible to keep our homes completely spotless. Instead, it may be useful to focus on the higher-risk areas, also known as germ hotspots. Here are some quick tips to help keep these areas hygienic and your home healthy.

KITCHEN MESS

The kitchen can quickly harbor germs. From counter tops and the kitchen sink, to the fridge and microwave handles...not to mention the kitchen bin!

TIP: Keep **Dettol Surface Cleanser Wipes** nearby. They're quick and easy to use and may help disinfect food prep surfaces, or any kitchen surface touched regularly by your family.

BATHROOM ENCOUNTER

Germs can thrive in damp, warm places like bathrooms. Toilet seats, bathroom handles and taps are all prime suspects when it comes to the fight against household germs.

TIP: Put **Dettol's range of Bathroom Cleaners** to the test and always encourage your children to make washing their hands part of their bathroom routine.

FURRY FRIENDS

As special as our pets are, they can be covered with dirt and germs... plus, don't forget their pet bowls and toys.

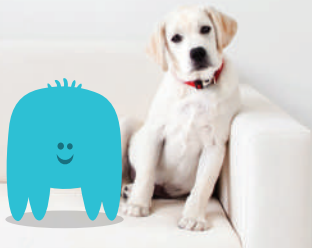
TIP: Encourage your children to wash their hands with **Dettol Foam Hand Wash** after cuddles with their pet. It smells great and your kids will love the fun foam.

HOUSEHOLD SUSPECTS

Remote controls, phones, computers and personal items such as keys, are often touched by multiple family members and this may contribute to the spread of germs.

TIP: For some extra help, try **Dettol Instant Hand Sanitiser** to help keep germs at bay on the go.

Always read the label, use only as directed.



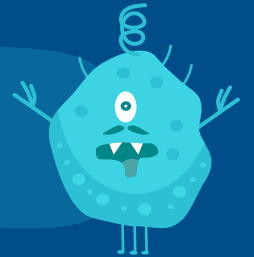
GERMS UNDER THE MICROSCOPE



Introducing germs, a group of microscopic organisms that can make us feel under the weather. They're tiny organisms, or living things, that are so small that we can only see them under a microscope. Let's get to know a few of the most common types a little better.

SAM THE STAPHYLOCOCCUS

I am found on the body and am most commonly spread via contaminated food, air and surfaces¹.



ELEANOR THE E. COLI

I help to break down and digest food. There are many strains of me, however I am most commonly spread through contaminated food, water or from contact with animals or people².



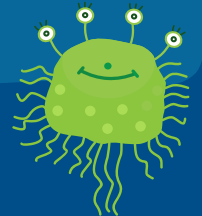
STEPHANIE THE STREPTOCOCCAL

I am most commonly spread from person to person by coughs, sneezes or hand contact³.



SIMON THE SALMONELLA

I am a type of germ that can be spread via contaminated foods such as uncooked chicken, water or unclean surfaces⁴.



1. www.healthdirect.gov.au/staph-infections

2. www.cdc.gov/ecoli/index.html

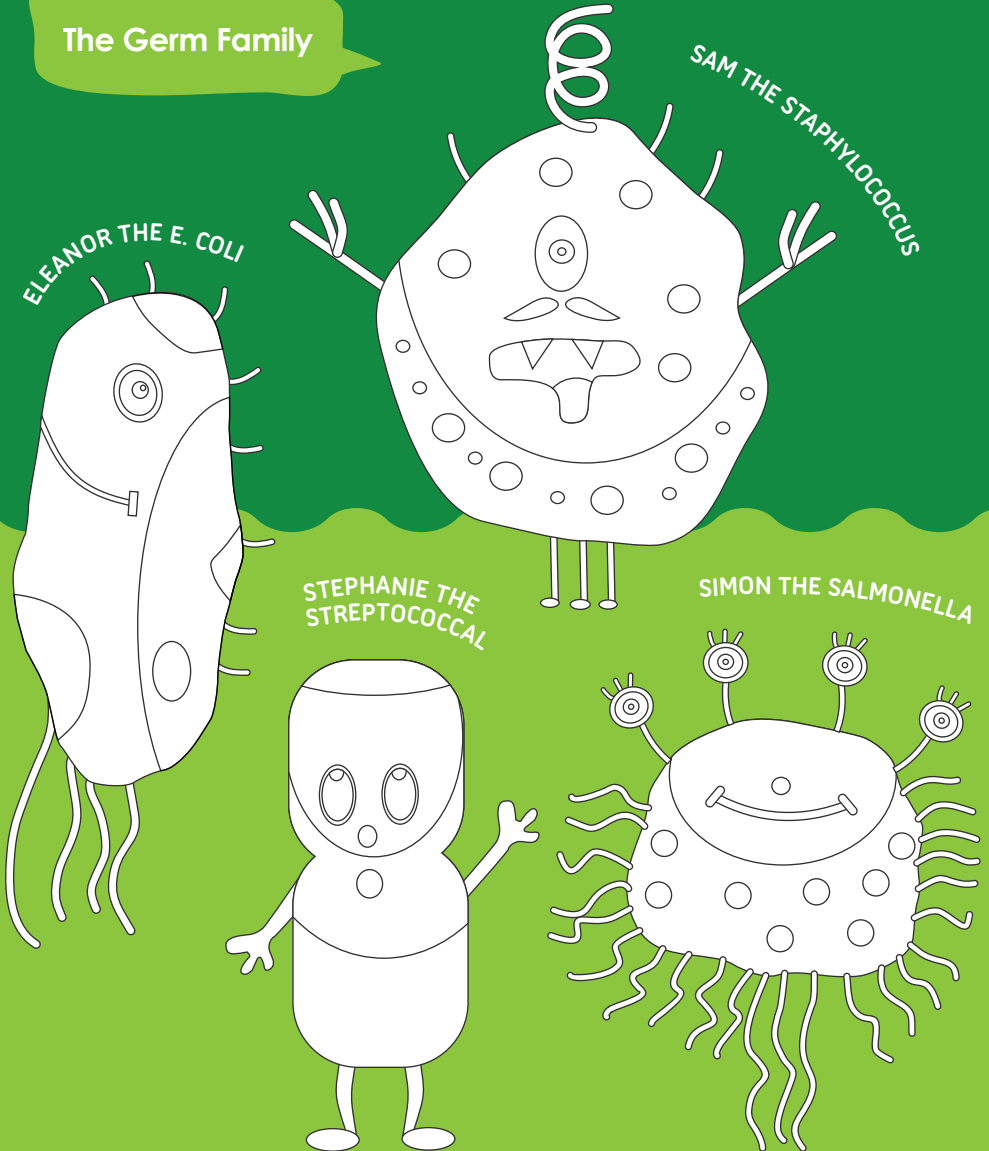
3. www.betterhealth.vic.gov.au/health/conditionsandtreatments/streptococcal-infection-group-a

4. www.healthdirect.gov.au/salmonella

COLOURING-IN



The Germ Family



For further information please call the Healthy Habits team on 1300 781 795 or visit www.dettol.com.au/healthyhabits