

**It's National Handwashing Week** — a time in which we focus on how to properly wash hands as well as the benefits of frequent handwashing. Although good handwashing practices are no joke, we can't help but chuckle at some of the excuses kids give in an attempt to avoid lathering up their hands. Maybe you've even heard a few of these creative excuses on the way to the sink.

**Before Sitting Down at the Dinner Table**

1. I haven't touched any germs today.
2. I washed my hands this morning.
3. We're not eating any finger foods
4. My hands smell clean. Smell them.
5. It takes too long. My food will get cold!

**After Using the Bathroom**

6. I don't need to wash my hands because I only peed.
7. I wasn't just running the water! I really washed my hands. I really did!
8. I don't have time to wash my hands!
9. I couldn't find any soap.
10. Nobody washes their hands at Johnny's house. Why do I have to wash mine?

**After Playing Outside**

11. There's no dirt on my hands. See!
12. I wasn't playing; I was just watching everyone else.
13. My hands look funny after I wash them.
14. I'm too tired from playing.
15. It was raining today. Everything outside is clean!
16. Despite their creative efforts, kids still need to wash their hands. Ensure they use warm water and lather up with soap, working the lather over the top of the hand, the palm and between the fingers. To avoid a two-second handwashing session, encourage children to continue working up a lather while singing the Happy Birthday song. Once they reach the end of the song, they can rinse off and dry.

