



**Cymru**  
National Day Nurseries Association

# Factsheet



## Hygiene and Toileting

Wales

# Hygiene and Toileting

# Glendid a'r tŷ bach

This factsheet includes vocabulary to support you in using the Welsh language whilst encouraging children's independence with hygiene and toileting.

The word bank below includes useful words and phrases as well as lyrics to a handwashing song that you can sing with the children whilst they wash their hands. There is a link to the YouTube song video in the further resources section.

When learning a language, the use of songs and rhymes containing a strong rhythm and repetition, reinforces language development and pronunciation. Singing is a good way for children to practise the sounds and pronunciation and develop their Welsh language skills.

It is a great way to encourage children's independence whilst having fun!

## Word bank and useful phrases

Dirty hands

Go and wash your hands

May I go to the toilet

Yes/No

Do you want to go to the toilet?

Yes/No

Have you washed your hands?

Yes/No

Use the soap

Use the warm water

Use the cold water

Use the towel

Dry your hands

Have you finished?

## Geirfa ac ymadroddion defnyddiol

Dwylo budr \*\*N/dwylo brwnt \*\*S

Cer i olchi dy ddwylo

Ga i fynd i'r Tŷ bach/toiled

Cei/Na chei

Wyt ti eisiau mynd i'r tŷ bach/toiled?

Oes/Nac oes

Wyt ti wedi golchi dy ddwylo?

Do/Naddo

Defnyddia'r sebon

Defnyddia'r dŵr cynnes

Defnyddia'r dŵr oer

Defnyddia'r tywel

Sycha dy ddwylo

Wyt ti wedi gorffen?

Yes/No

Finished

Clean hands

Do/Naddo

Wedi gorffen

Dwylo glân

## Song

### Hand washing!

This is the way to wash hands x 3

And keep them clean

Hand washing, hand washing

Hand washing, hand washing

Hand washing, hand washing

And keep them clean

This is the way to dry hands x 3

And keep them clean

Drying hands, drying hands

Drying hands, drying hands

Drying hands, drying hands

And keep them clean

## Can

### Golchi dwylo!

Dyma'r ffordd i olchi dwylo x 3

A'u cadw nhw yn lân

Golchi dwylo, golchi dwylo

Golchi dwylo, golchi dwylo

Golchi dwylo, golchi dwylo

A'u cadw nhw yn lân

Dyma'r ffordd i sychu dwylo x 3

A'u cadw nhw yn lân

Sychu dwylo, Sychu dwylo

Sychu dwylo, Sychu dwylo

Sychu dwylo, Sychu dwylo

A'u cadw nhw yn lân

*\*\*please note where \*\*N and \*\*S indicated, this refers to different dialogue that may be used in North Wales and South Wales.*

## Further support

- Golchi Dwylo song - <https://www.youtube.com/watch?v=JWgPwDCtjQ>

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# Factsheet

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