



## TEACHING EARLY CHILDHOOD TO BE HEALTHY AND CLEAN IN EVERYDAY LIFE

Daviq Chairilisyah

Universitas Riau, Pekanbaru, Indonesia  
[daviqch@yahoo.com](mailto:daviqch@yahoo.com)

### ABSTRACT

*Living healthily and cleanly is sometimes neglected by parents and teachers to be taught in a program and a sustainable manner. Teachers assume that parents have taught hygiene and healthy living habits at home, even though it is not clear whether every parent understands the proper way to live healthily and cleanly in early childhood. Parents feel that teachers must have taught this clean and healthy lifestyle while studying at school. Indeed, teachers are more preoccupied with children's learning achievement that is more of academic knowledge. Utilizing literature study method, this article aims to help teachers about the importance and the implementation of a clean and healthy lifestyle in early childhood. The role of kindergarten teachers is to stimulate character education for a healthy and clean living that should be a priority in all aspects of learning. A clean and healthy lifestyle can be applied at schools through: 1) instilling values for a clean and healthy lifestyle at schools through health education, 2) carrying out extracurricular activities with clean and healthy life behavior values for students, 3) conducting a counseling and working together with the government health office.*

**Keywords:** *clean and healthy behavior, environment, early childhood*

## MENGAJARKAN MASA KECIL MENJADI SEHAT DAN BERSIH DALAM KEHIDUPAN SEHARI-HARI

### ABSTRAK

Hidup sehat dan bersih menjadi hal yang terkadang diabaikan oleh orang tua dan guru untuk diajarkan secara terprogram dan berkelanjutan. Guru menganggap bahwa orang tua telah mengajarkan perilaku hidup bersih dan sehat di rumah, padahal belum tentu setiap orang tua memahami pola perilaku hidup bersih dan sehat pada anak usia dini. Orang tua meyakini bahwa guru di sekolah pasti telah mengajarkan perilaku hidup bersih dan sehat ini di sekolah, pada kenyataannya guru lebih disibukkan pada pencapaian pembelajaran anak yang lebih bersifat pengetahuan akademik. Menggunakan metode studi literatur, tulisan ini bertujuan membantu guru mengenai penerapan pola perilaku hidup bersih dan sehat pada anak usia dini. Peran guru taman kanak-kanak adalah menstimulasi pendidikan karakter hidup sehat dan bersih harus menjadi prioritas dalam segenap aspek pembelajaran di sekolah. Cara-cara penerapan perilaku hidup bersih dan sehat di sekolah adalah: 1) menanamkan nilai-nilai untuk berperilaku hidup bersih dan sehat di sekolah, 2) melakukan kegiatan ekstrakurikuler dengan menanamkan nilai-nilai hidup bersih dan sehat, 3) melakukan konseling dan bekerja sama dengan pihak kesehatan dari pemerintah.

**Kata Kunci:** *perilaku bersih dan sehat, lingkungan, anak usia dini*

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### INTRODUCTION

Each unit level of education has different goals according to their respective functions and roles, one of which is Kindergarten. A good quality kindergarten program can help develop all the potential development aspect that a child has. Therefore, early childhood education must have a high quality so that it can help children grow and develop optimally (Berliana, 2016).

There are two principle things that must be taught in early childhood education, namely behavior through habituation and the development of basic conceptual skills. Which include morals and religion, cognitive, language, physical motor, social, emotional. To develop all that, professional teachers are needed in

designing and evaluating to produce maximum learning objectives (Astuti, 2016).

One of the basic abilities of religious and moral values is the Clean and Healthy Life Behavior (PHBS) which is carried out by children every day by the teacher to adopt a clean and healthy lifestyle through routine habituation in addition to advice and stories conveyed by the teacher. Healthy children are the hope of all parents of the nation and state. It can be appreciated that the PAUD (early childhood education) logo is Indonesian children who are healthy, intelligent, and cheerful.

There are programs planned by the government to create healthy Indonesian children such as consuming supplement food at home and school, providing Kids-doctors program at schools, improving nutrition for toddlers, offering immunization, giving vitamin A including Clean and healthy lifestyle. The purpose of clean and healthy life behavior is to increase knowledge, awareness, and willingness to stay clean and healthy so that it can increase the standard of life as optimally as possible (Health Department Republic of Indonesia, 2013). In the field of disease prevention and control as well as environmental sanitation, behaviors that need to be practiced are washing hands with soap, controlling to drink sufficient water and nutritious food that meet the requirements, using clean water, using healthy latrines, managing liquid waste that meets the requirements, eradicating mosquito larvae, and not smoking indoors, etc (The Ministry of Health Republic of Indonesia, 2014). The implementation of clean and healthy life behavior must be practiced in various settings, such as households, educational institutions, workplaces, public places, and health service facilities. The application of clean and healthy life behavior in one-setting will affect another part of clean and healthy life behavior. In enacting clean and healthy life behavior, several strategies are mandatory, the empowerment movement, atmosphere building, and advocacy.

In empowerment activities, providing information repeatedly will let the community to fathom and aware of clean and healthy life behavior so it can be carried out properly.

Building an atmosphere is an effort made so that the society is willing to adopt a pattern of behavior that has been socialized, by creating a social environment that supports the implementation of clean and healthy life behavior. Advocacy is an effort to gain support and commitment from related parties, such as community leaders who act as resource persons, funders, policymakers, or society and the media who play a role in creating Clean and Healthy Life Behavior (Ministry of Health Republic of Indonesia, 2020).

The purpose of health development is to create awareness, ability, and willingness to adopt a healthy lifestyle in everyday life to improve the health status of the community. A high degree of health is an investment for the development of productive human resources in both the social and economic fields. Health development must be carried out based on the principles of humanity, balance, benefit, protection, gender, justice, non-discrimination, religious norms, and respect for every right and obligation (Directorate General of Community Health Development et al, 2014).

Childhood is the most enjoyable period in which there is no burden. Not all children are born in a normal and healthy condition, some have deficiencies both physically and mentally. Children who are born unhealthy (physically and mentally disabled) have a heavier burden than normal children because they have to do all activities in their special way. Children with special needs need special education and services related to their specialties, namely physical, mental, social, emotional disorders, or have special intelligence and talents so that they can develop optimally.

Based on this article, the author provides suggestions, as an attempt to build clean and healthy living habits through character building in school and home. Kindergarten teachers and parents should have the courage to change the way of learning in early childhood education, because the essence of early childhood education is stimulation.

## THEORETICAL STUDY

According to Notoatmodjo (2010), there are 3 factors that cause a person to have a clean and healthy lifestyle, namely predisposing factors, enabling factors and reinforcing factors. Here's the explanation: predisposing factor, includes children's knowledge and attitudes towards clean and healthy living behaviors so that these factors become triggers or antecedents of behaviors that become the basis or motivation for their actions due to traditions or habits, beliefs, educational level and socioeconomic level, such as knowledge, attitudes, The beliefs and values possessed by someone who does not smoke because of seeing the habits in their family members, no one smokes.

Enabling factors are a trigger for behavior that allows motivation or action to be carried out. This factor includes the availability of facilities and infrastructure or health facilities for their children, such as clean water, landfills, the availability of latrines, and nutritious food. This facility essentially supports or enables the realization of a clean and healthy lifestyle.

Reinforcing factor is a factor that determines whether health measures receive support or action. This factor is manifested in the attitudes and behavior of the caregivers or parents who are trusted or followed figures by children such as caretakers of children who provide an example by washing their hands before eating or always drinking boiled water. For a clean and healthy lifestyle for children as well as for the community, it will require reference to behave through regulations or laws from either the central or local government, the behavior of community leaders, religious leaders including local health workers.

The things that affect clean and healthy life behavior have partly located within the individual himself that is referred to as internal factors, and partly outside the individual, environmental factors (Khumayra, 2012). The explanation is as follows:

### 1. Residential Environment and its Relationship with Health

In an environmental health program, housing is closely related to economic, social,

educational, traditions/habits, ethnicity, geography, and local conditions. In addition, the household or settlement environment is influenced by several factors that can determine the quality of the housing environment, including service facilities, equipment, equipment that can support physical health, mental health, social welfare for individuals and their families.

The definition of a residential environment is a group of houses that functions as a residential environment and plays as a means of fostering family empowerment with environmental infrastructure and facilities. Whereas, residential is part of the environment, both urban and rural areas that support life. To create a residential environment, a residential area of various shapes and sizes is needed with the arrangement of land and space, infrastructure, and environmental facilities that meet health.

### 2. Residential Health Aspects

Housing must ensure the health of its occupants in a broad sense. Therefore the housing requirements are needed as follows: a) Fulfilling Physiological Needs. Physically, physiological needs include the need for optimal indoor temperature, optimal lighting, protection against noise, ventilation that meets the requirements, and the availability of optimal space for children's play. b) Meet Psychological Needs. Psychological needs serve to ensure "privacy" for residents of housing. There needs to be freedom for family life that lives in the house. The condition of the house and its surroundings are arranged to fulfill a sense of beauty so that the house becomes the center of domestic pleasure and allows for a harmonious relationship between parents and children. There is a separate room for teenagers and a room for family members to gather and a living room. In addition, conditions are needed for the fulfillment of social courtesy in a residential area. c) Character building. Education is a conscious and planned effort to create an atmosphere of learning and the learning process so that students actively develop their potential to have the spiritual strength of intelligence, noble morals, and skills needed by themselves, religion, self-control, personality, society, nation, and state. In-Law No.

20 of 2003 article 1 point 2 (fingerprints) it is written that national education is education based on Pancasila and the 1945 Law which is rooted in religious values, Indonesian national culture, and responsive to the demands of the times.

Characters are psychological, moral, or ethical traits that distinguish a person from another. Dennis Coon's defines that character is the absolute answer to creating a better life in society. Meanwhile, character education according to Irawati (2013) is that character values for school members which include the knowledge component, implementing these values, both towards God Almighty, self, neighbor, environment, and nationality so that they become human beings. According to Syahreni (2011), fostering values and attitudes is not teaching, so it requires functional learning patterns and exemplary. He adds that character-building requires implementation by 3 (three) parties synergistically, namely: parents, educational units or institutions and the community. Matter and is a system of cultivating consciousness, or volition and action.

Character-building is an attempt to adapt to the learning pattern of the psychological growth of students. According to Wulandari (2014), character-building is a character, moral education, character-education, that aims to develop the ability of students in making decisions, maintaining what is good, and realizing in everyday life wholeheartedly. Clean and healthy living behaviors are a set of behaviors that are practiced in learning which allows individuals, families, or groups to help themselves in the health sector and play an active role based on awareness as a result of realizing the degree of public health.

**Clean And Healthy Life Behavior Indicators in Schools in Early Childhood**

According to Moerad (2019) clean and healthy life behavior indicators in schools are:

1. Washing hands with soap. Unclean water contains a lot of germs and bacteria that cause skin diseases. When it is used, the germs will be transmitted to the hands. When eating, germs quickly enter the body, which can cause disease. Wash hands using clean running

water. Soap can clean dirt and kill germs, if you wash your hands without soap, dirt and germs are still left in your hands.

2. Consuming healthy snacks in school cafeterias/stalls. Food and drinks sold in school canteens/stalls must be sufficiently nutritious and clean. Free from harmful substances and protected from insects and rodents. There is regular supervision from UKS teachers and school committees.
3. Using a clean toilet. When you urinate or defecate, you must use a toilet to prevent disease transmission, because feces and urine contain germs. Flush thoroughly after defecating or urinating. Dispose of garbage properly so that the drains or latrines are not clogged. Apply behavior when urinating, namely Flush-Pee-Flush.
4. Regular and measured exercise. Sports in school functions physically and mentally to stay healthy and not get sick easily, for physical growth and development for children. Controlled weight, more flexible muscles, stronger bones, fitter so that you are healthy.
5. No smoking. Cigarettes are like a chemical factory, so from an early age the dangers of smoking can be introduced to kindergarten children, with the hope that kindergarten children can tell their parents, siblings about the dangers of smoking, because cigarettes can cause damage to lung cells.
6. Weigh and measure height. This program in Early childhood education (kindergarten) should be carried out continuously every month. To find out whether students are healthy or to prevent child growth.

### **Clean And Healthy Life Behavior Implementation at school**

According to Sulistiana (2013), ways to implement a clean and healthy lifestyle behavior in schools:

1. Instilling values for a clean and healthy lifestyle in schools through health education so that students can be responsible for their health and the environment and participate in succeeding the program to improve school health.

2. Carrying out extracurricular activities cleanly and healthily to improve life behavior values for students, including community service, demonstrations of proper handwashing and tooth brushing, routine hygiene, and body health checks, including nails, hair, ears, skin, or teeth.
3. Guiding children to have a clean and healthy life through communication.

This activity can be carried out by a UKS teacher (Student Health Unit) or a counseling guidance teacher or it can work together with the local health office or puskesmas.

### RESEARCH METHODS

A literature study is a description of the theory, findings, and other research materials that are used as the basis for research activities in developing a framework for the formulation of the problem. Good review literature is relevant and the most up-to-date to support the topics discussed in the study (Sugiyono, 2015).

In this literature review study using primary and secondary sources on the topic of the problem of teaching clean and healthy living habits in the environment in early childhood. The author tries to provide an understanding of the importance that clean and healthy living habits can have a positive effect on early childhood development. In addition, researcher also tries to utterance opinions and suggestions for teachers and parents in educating children to become individuals who have the desire to live clean and healthy.

### RESULTS AND DISCUSSION

A clean and healthy environment is important for the community to have. This kind of environment is good for health due to the cleanness condition, and pleasant to look at. This awareness is needed by the community to achieve this goal, but the previous situation made people accustomed to not achieving this goal. From an early, the community must be accustomed to caring and living healthy to create this hope. Through education from an early age, you should have a healthy and clean lifestyle, because if you

start early, people will get used to create a clean and healthy environment (Notoadmojo, 2010).

### How to Build Character-Building in Early Childhood

At an early age of 0-6 years, children's brains develop at an incredible pace of up to 80%. At that age, the brain receives and absorbs various information from its environment. According to a study conducted by American child development and behavior expert named Brazelton, the experience of a child in the first months and years of life will determine whether this child will be able to face challenges in his life and whether he will show a high enthusiasm for learning and succeed in his job. The character will be formed as a result of understanding 3 definite relationships within each human being (triangle relationship), namely the relationship between himself (interpersonal), with the environment (social relations and the natural environment), and the relationship with spiritual (Pratiwi, 2018).

Each result of the relationship will provide meaning or understanding which ultimately becomes the child's values and beliefs. The way children understand the form of these relationships will shape the way they treat their world. For this reason, develop a positive understanding in children from an early age, one of which is by giving confidence to children to make decisions for themselves, helping children direct their potential so that they can explore on their own.

The stages in education and character-building go through at least four (4) stages, namely: a) Knowing: at this stage, the child is given knowledge about the pros and cons of behavior and norms in society. b) Reasoning: This is to provide an understanding of the child that raises awareness and can feel. c) Feeling: that is, feeling the impact when children do well at school or home. d) Acting: namely where the child takes action as a form of knowledge, understanding, and feelings of the child so that it will be internalized in the child's personality.

### **Character Behavior of Clean and Healthy Life Needs to be Developed in Children**

Entering the era of globalization and the demographic and epidemiological transitions of disease, disease problems due to behavior and changes in lifestyle related to behavior and socio-culture tend to be increased. So with that, the Ministry of Health of the Republic of Indonesia has launched the Health-minded Development Movement, which is based on the health paradigm. A healthy paradigm is a mindset or health development model that is holistic, seeing health problems that are influenced by many cross-sectoral factors, and its efforts are more directed at improving, maintaining, and protecting health (Health Department Republic of Indonesia, 2020).

In realizing the mission of health-oriented development, it is necessary to promote health that is oriented towards the process of empowering the community to have a clean and healthy lifestyle clean and healthy life behavior, through health improvement, maintenance, and protection. Therefore, early childhood as the successor to future generations needs to get an intense health message. Because at this golden age, their brain development stage is very vital, the brain's memory ability is very maximal so that the health messages received by children have greater hope for healthy behavior in the future. This is because the behavior of a clean and healthy life as an adult is related to the health education a person receives at an early age.

### **The Contribution of Character-building in Fostering Clean and Healthy Behavior in Early Childhood**

Clean and healthy living behavior is an effort to provide a learning experience or create a condition for individuals, families, groups, and communities by opening lines of communication, providing information, and providing education to increase knowledge, attitudes, and behavior to help people recognize and overcome their problems so that The community is aware, willing and able to practice clean and healthy life behavior through a leadership approach (Advocacy), atmosphere development (Social

Support), and community empowerment (Empowerment). There are 5 clean and healthy life behavior arrangements, namely household clean and healthy life behavior, school clean and healthy life behavior, workplace clean and healthy life behavior, health facilities clean and healthy life behavior, public places clean and healthy life behavior (Mardhiati, 2013).

Education is the basic capital for preparing qualified people. According to the National Education System Law, it is a conscious and planned effort to create an atmosphere of learning and the learning process so that students actively develop their potential to have spiritual, religious, self-control, personality, intelligence, noble character, and skills, which are needed by them. society, nation, and state. According to UNESCO, education should be built on four pillars, namely learning to know, learning to do, learning to be, and learning to live together.

In essence, learning must be lifelong, to create a qualified generation, education must be carried out from an early age, in this case through early childhood education (TK), including character education, because according to Montessori the child's brain is like "the absorbent mind". During the period when children imitate very quickly, it is important to provide character education as early as possible because the experiences that children get from an early age will have a significant effect on the next child's development. Some of the pillars of character that must be raised to improve a healthy and clean life in early childhood are:

1. Love Allah, trust, reverence, loyalty

In this first pillar, how to grow clean and healthy life behavior in kindergarten children can be through cultivating an attitude of gratitude to God for the health He has given him. As a form of gratitude, we must pray, we must maintain our health by paying more attention to the cleanliness of our bodies, clothes, and living quarters. While the method used can be through storytelling. In the stage of character education, knowing.

2. Responsibility, excellence, self reliance, discipline, orderliness

The second pillar is to invite children to practice directly in maintaining the cleanliness of their bodies and houses. Children are trained to be independent in brushing their teeth, washing their hands properly, going to the bathroom to either urinate or defecate, maintaining the cleanliness of the classroom and school by not littering. Always have breakfast before leaving for school.

### 3. Trustworthiness, reliability, honesty

In the third pillar, children are trained to be honest in a clean and healthy lifestyle. By implementing all the indicators in clean and healthy life behavior regularly, quality of life will be achieved in accordance with the health status. In the character education stage, there are feelings.

### 4. Respect, courtesy, obedience

In this fourth pillar, kindergarten children are trained to be respectful and courteous both to teachers, parents, and peers. Children who are healthy (physical, mental, and social) will be able to be respectful and courteous to the people around them, without having to be told. Because a positive attitude is a reflection of the physical, mental, and social health of children, it is a part of character-building.

### 5. Love, compassion, caring, empathy, generosity, moderation, cooperation

In the fifth pillar, children are engaged to care for the environment, both to others and to the universe. By practicing directly planting, maintaining, and preserving existing plants at school or at home.

### 6. Confidence, assertiveness, creativity, resourcefulness, courage, determination, and enthusiasm

In the sixth pillar, kindergarten children act as agents of change to promote PHBS both in the school environment, family, and community.

## CONCLUSIONS AND RECOMMENDATION

Based on the results of the analysis in the discussion, it can be concluded that the

contribution of character-building in fostering clean and healthy living behavior in early childhood is very significant. In education, the 6 pillars of character can be used as a medium for teaching and fostering clean and healthy living behaviors in early childhood, so that in early childhood education, if it can implement character education, it will also foster an attitude of clean and healthy living habits, a nation's generation with character, physically healthy, mentally and socially, of course, this is in accordance with the goals of national education. Thus, early childhood will get used to caring about the environment in order to create a healthy environment.

Based on this article, the author provides suggestions, as an attempt to build clean and healthy living habits through character building. Kindergarten teachers should have the courage to change the way of learning in early childhood education because the essence of early childhood education is stimulation. To boost all the potential of the child (physical or physical potential, as well as spiritual or mental) so that teaching and learning activities no longer prioritize teaching but more emphasis on education. Character education for a healthy and clean living must be a priority in all aspects of learning in schools so that students will become healthy and strong individuals.

Parents also play a role as agents of change in the home environment with their children. Parents can be an example and role model in carrying out clean and healthy living habits at home so that this habit can be imitated and become a habit for their children both at home and outside the home. Parents should provide discipline and simple tasks that can become a program of habituation to healthy and clean living in the everyday home environment, this will have a very significant impact on the development of a child's personality so that it becomes a person who is accustomed to living clean and healthy until adulthood.

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