

## Health and Hygiene Policy and Practice

Our Nursery promotes a healthy lifestyle and a high standard of hygiene in its day-to-day work with children and adults. This is achieved in the following ways:

### Hygiene

To prevent the spread of all infection, adults in the group will ensure that the following good practices are observed

#### Personal Hygiene

- Hands are washed after using the toilet
- A box of tissues is available and children are encouraged to blow and wipe their noses when necessary and that soiled tissues are disposed of hygienically
- Children are encouraged to shield their mouths when coughing
- Staff have access to anti-bacterial gel to use on their own hands once they have wiped children's noses etc.
- Paper towels are used and disposed of appropriately
- Hygiene rules relating to bodily fluids are followed with particular care and all staff members are aware of how infections, including HIV infection, can be transmitted

#### Cleaning and clearing

- Any spills of blood, vomit or excrement are wiped up and disposed of down the toilet or in the yellow bin bags and disposed of in the external bin outside
- Disposable gloves are always used when cleaning up spills of bodily fluids. Floors and other affected surfaces are disinfected using antibacterial cleaning products
- Spare laundered pants and other clothing are available in case of accidents and nappy bags are available in which to wrap soiled garments once they have been rinsed thoroughly
- All surfaces are cleaned daily with a disinfectant cleaner, including the nappy changing area after each use

#### Food safety advice for children age 5 and under

The Nursery will observe current legislation regarding food hygiene, registration and training. All staff members and Nursery Chef will hold a level 2 certificate in Food Hygiene. In particular, each adult will:

- Always wash their hands under hot running water and with soap before handling food and after using the toilet
- Adhere to best practice when storing food

- Not be involved with the preparation of food if suffering from any infectious/ contagious illness or skin trouble
- Never smoke anywhere in or around the Nursery premises
- Never cough or sneeze over food
- Use different cleaning cloths for kitchen and toilet areas
- Wash fresh fruits and vegetables thoroughly before use
- Use separate chopping boards for the preparation of foods
- Tea towels will be kept clean and washed between each shift
- All utensils will be kept clean and stored in a dust free place, e.g. closed cupboard or drawer
- Always wear a disposable apron, hair net and tie hair back when preparing food
- All staff will receive Food Hygiene Level 2 training

### **How to reduce the risk of choking**

Food preparation:

- All Kitchens must have “How to reduce choking risk” poster on display
- Remove any stones and pips from fruit before serving
- Cut small round foods, like grapes, strawberries and cherry tomatoes, lengthways and into quarters
- Cut large fruits like melon, and hard fruit or vegetables like raw apple and carrot into slices instead of small chunks
- Do not offer raisins as a snack to children under 12 months – although these can be chopped up as part of a meal
- Soften hard fruit and vegetables (such as carrot and apple) and remove the skins when first given to babies from around 6 months
- Sausages should be avoided due to their high salt content, but if offered to children these should be cut into thin strips rather than chunks and remove the skins
- Remove bones from meat or fish
- Cut cheese into strips rather than chunks
- Do not give popcorn as a snack
- Do not give children marshmallows or jelly cubes from a packet either to eat or as part of messy play activities as they can get stuck in the throat
- Do not give children hard sweets

### **Supervision**

Infants and young children should be seated safely in a highchair or appropriately sized low chair while eating. Infants and young children should never be left alone while they are eating, and staff should be familiar with paediatric first aid advice for children who are choking.

## **Animals in the setting**

Children learn about the natural world, its animals and other living creatures, as part of the Early Year's Foundation Stage curriculum. This may include contact with animals, or other living creatures, either in the setting or in visits. We aim to ensure that this is in accordance with sensible hygiene and safety controls.

### **Procedures**

- We take into account the views of the parents and children when selecting an animal to keep as a pet in the setting
- We carry out a risk assessment accounting for any hygiene or safety risks posed by the animal
- We provide suitable housing for the animal and ensure this is cleaned out regularly and is kept safely
- We ensure that the right food is offered at the right times
- We make arrangements for weekend and holiday care for the animal. We register with the local vet and take out appropriate pet care health insurance
- We make sure all vaccinations and other health measures, such as de-worming is up to date and recorded
- Children are taught correct handling and care of the animal and are supervised
- Children wash their hands after handling the animal and do not have contact with animal soil or soiled bedding
- Staff members wear disposable gloves when cleaning the housing or handling soiled bedding
- If animals are brought in by visitors to show the children, they are the responsibility of the Director
- The Nursery Manager/Deputy Manager carries out a risk assessment, detailing how the animal is to be handled and how any safety issues will be addressed

### **Visits to the farms**

- Before a visit to a farm a risk-assessment is carried out, this may take into account safety factors listed in the farms own risk assessment which should be viewed
- The outings procedure is followed
- Children wash their hands after contact with animals
- Outdoor footwear worn to visit farms are cleaned of mud and debris and should not be worn indoors

### **Health**

#### **Outdoor Play**

Children will have the opportunity to play in the fresh air daily in the Nursery's own outside play area, the children will be allowed to free flow between the indoor and outdoor environment, when weather permits.

## **Garden Guidelines**

- Check the garden is safe – gates are secure before setting up
- Ride-on toys need to stay in designated areas
- Bikes may be scooted, balanced on, used in a variety of ways to improve physical skills/balance, and should be used appropriately at all times
- Correct staff/child ratio in garden at all times
- No touching fungus. Remove any if we know it to be poisonous
- No climbing on fences or outside of steps
- Children should not pick flowers, vegetables/fruit etc. indiscriminately, but can be picked for appropriate purposes, daisy chains, displays, gifts for helpers etc.
- A risk assessment should be carried out in adverse weather conditions to decide on the suitability of outside activities

## **Food**

At Little Rainbow Day Nursery, we provide a well-balanced diet; all food is freshly cooked on the premises. Menus are devised by the Nursery Chef and the Manager in conjunction with the Nursery staff to ensure that the children's nutritional needs are being met.

Children on special diets will be catered for but in exceptional cases parents may be asked to provide specific items, thus ensuring cultural needs and any allergy concerns are strictly addressed. We operate a system of colour coded plates i.e. red for dietary needs. All children are encouraged to taste a little of everything on their plates.

Drinks of water or milk will be provided throughout the day. Where appropriate, the children have free flow access to drinks, to allow the children freedom of choice and to ensure play is undisturbed.

When cooking with children as an activity, the adults will provide healthy, wholesome food, promoting and extending the children's understanding of a healthy diet.

## **Oral Health**

This policy applies to Little Rainbow Day Nursery including all staff members, volunteers and visitors at Little Rainbow Day Nursery. (Please note that the term 'parents' also relates to carers and those with legal guardianship of children). Little Rainbow Day Nursery strives to raise awareness of the importance of good oral health for children. These early years for children are when positive routines are formed and subsequently carried through to adulthood. Promoting good oral health early on can therefore, have a productive impact on future outcomes.

Food/Snacks/Drinks:

- As much as possible, snacks provided for the children will be 'tooth friendly'
- Any food containing sugar will be restricted to mealtimes and will be provided on a basis that is deemed suitable and appropriate.
- Food and snacks will be varied and children will be encouraged to try new things.

- No fizzy drinks or juice will be served at the setting.
- Children under 2 Parents to supply water bottle/beakers as per guidance by British Dental Association
- Children over 2 the nursery will provide open top beakers
- Each room will have a drinks station with clean cups and fresh drinking water available all day
- Drinks station set up in the garden each day

#### Oral Health:

- Oral health will be promoted at the setting.
- Visits from dentists, hygienists or other professionals who can talk about oral health will be encouraged throughout the year.
- Displays will reflect the importance of good oral health.
- Parents will be provided with information on promoting good oral health.
- Good oral hygiene will be encouraged at all times.
- Children and parents will be encouraged to undertake a positive tooth brushing and oral health routine at home.
- Families will be encouraged to visit the dentist regularly (twice a year is recommended.)

#### Activity outline:

- Start by talking to the children about the importance of healthy teeth and how to look after them, share photos/magazine cut-outs of healthy teeth and what happens when teeth are not looked after
- Use mirrors so children can look at their own teeth
- Encourage the children to sort out different food in to groups of which are healthy and good for our teeth e.g. cheese and milk, and which are not good for our teeth e.g. sweets and fizzy drinks
- Use the toothbrushes and water to help clean small world animals such as the dinosaurs. Roll them in glitter or in play dough first and then talk about how hard it is to clean them, and to make sure you clean them to get all the bits off them just like we have to do with our own teeth
- Talk to the children about what you are doing and together demonstrate the most effective way to brush, don't forget to set the timer too, to make sure you brush for the full two minutes

#### Extension ideas:

- Share books about the dentist/looking after your teeth and stories such as Pepa Pig's Trip to the Dentist and Alan's Big Scary Teeth
- Share and sing songs about tooth brushing such as the [Tooth Brushing Song by Blippi](#)
- Talk about and engage in role-play about going to the dentist.

## **Food Allergy Prevention**

### **Admission**

On admission, parents must advise in writing via Family app or email of any changes to their child's dietary requirements, medical conditions or cultural restrictions. All of this information is stored in the Family app as well as in a locked filing cabinet. The dietary requirements are updated regularly and available to all the staff to view and check throughout the day. The Nursery Chef also has copies of any dietary requirement sheets so they are aware when preparing meals.

### **Cooking activities and food tasting**

Before any cooking activity is planned alert sheets are checked to ensure suitability. Recipes should be adapted accordingly; for example, regular flour should be swapped for gluten free flour if a child has Celiac Disease. All ingredients will be displayed outside rooms on the day of the activity. This gives the parents the opportunity to discuss any concerns with the staff. All ingredients must be checked for possible allergens.

### **Snack time**

The children are offered milk or water and a variety of snacks such as fruits, crackers, vegetable sticks etc. If any child has an allergy to these items, an alternative must be offered. Snack times must be supervised at all times and the nursery chef to follow guidance on choking prevention when preparing any snacks.

### **Celebrations**

In the event of the child's birthday, if the parents wish to provide a cake for their child/children they are advised to check with their child's/children's room with the room leader for any allergies. If a cake is shop bought it must not contain any nuts. The celebration cake will be sent home for parents to decide if their child can consume it. List of ingredients will be sent via the Family app. We do not use candles.

### **Illness**

A child returning to the Nursery after an absence due to illness must be well enough to return.

- Children must not be brought into Nursery if they have any types of infection or illness, e.g. chicken pox, diarrhea, a full list of illnesses which require exclusion can be found in the Nursery's Policy and Procedures handbook via the nursery website
- Any child found to be unwell with a suspected infectious illness will be sent home
- Parents must inform the Nursery if any child attending the Nursery is admitted to hospital for any reason
- The Nursery must then inform Ofsted depending on the situation
- There may be occasions when these exclusion times are extended due to regional outbreaks of contagious illness advice will be sought from UK Health Security Agency and guidance followed

**Please inform the Manager or Deputy Manager if your child has any of the following:**

<b>Disease/ Illness</b>	<b>Minimal Exclusion Period</b>
Chicken Pox	At least 5 days until the spots scab over
Measles	Minimum of 4 days from appearance of rash
Mumps	Until the swelling has reduced and in no case less than 5 days
Rubella (German Measles)	For 7 days after the rash has shown
Whooping Cough	For 5 days If treated with antibiotics, or 21 days if no treatment. The child can return when doctor gives the all clear
Hand, Foot and Mouth	No minimal exclusion but may consider exclusion if the child cannot cope with the Nursery day. Symptoms include high temperatures and generally feeling unwell
Diarrhoea and vomiting	Until diarrhoea and vomiting has settled (child must be free from diarrhoea and sickness for at least 48 hours after the last bout of diarrhoea/vomiting).
Head lice	None
Impetigo	Until lesions have crusted/ healed or 48 hours After starting antibiotics
Meningococcal Meningitis	Contact local UKHSA health protection team for advice any action needed
Scarlet fever	24 hours after starting antibiotics
Slapped cheek (fifth disease)	None
Salmonella	Until diarrhoea and vomiting has settled (neither for last 24 hours)
Tuberculosis	Contact local UKHSA health protection team will advise on action
Threadworm	None
Tonsillitis	None
Gastro-enteritis, food poisoning, Salmonellas, Dysentery	Until authorised by the doctor or District Community Physician
Poliomyelitis	See above
Typhoid fever	See above
Ringworm	None
Scabies	Until first treatment has been completed
Conjunctivitis	None – however, the discharge needs to be manageable – if there is an outbreak we may consider exclusion.
Covid – 19	Please refer to the current guidelines from public health. Also refer to our website.

Parents are asked to keep their children at home if they have any infection, and to inform the Nursery as to the nature of the infection so that the Nursery can alert other parents and make careful observations of any child who seems unwell. If a child develops any infection the minimal exclusion period must be followed. Parents will be advised of illness outbreaks via the Family app. If a child has been given medication to reduce a

temperature they must remain at home for the day.

The Nursery will ensure that the first aid equipment is kept replenished at all times. A checklist is in place to ensure this happens on a frequent basis. Sterile items will be kept sealed in their packages until needed.

If a child should become unwell while attending the Nursery every effort will be made to contact firstly the parent and then the person designated as emergency contact, to ask for the child to be collected. The child will be looked after and comforted by a member of staff until collection. Parents will be expected to collect their child as soon as possible. The child may return when they are well enough.

In an emergency situation, an ambulance will be called and one member of staff will accompany the child. Parents will be contacted and informed of the destination. If there is a food poisoning outbreak affecting 2 or more children, the Nursery will immediately inform Ofsted by either telephone or letter.

### **Medication Policy**

At Little Pumpkins Nursery, we promote the good health of children attending Nursery and take necessary steps to prevent the spread of infection. If a child requires medicine we will obtain information about the child's needs for this and will ensure this information is kept up-to-date.

When dealing with medication of any kind in the Nursery, strict guidelines will be followed.

### **Administration of Medication**

At Little Rainbow Day Nursery, we recognise some children may need to take prescribed medication during the time they are attending the setting.

Parents are required to sign a medicine consent form giving written permission for medication to be administered. The form includes written instructions for dosage and frequency. All medication brought in to be administered must be prescribed by the child's G.P. and clearly labelled in the original container. All medication will be stored in the locked cabinet or in the fridge away from the children as required by the instructions on the medication via the nursery Family app. The medicine cannot be given until the form is acknowledged by the parent on the Family app.

Medication is only to be administered by the Manager or Deputy Manager and witnessed by a second staff member. The dosage and time will be checked by both staff and this is to be recorded immediately on the medication form via the Family app.

In some cases, non-prescribed medication such as teething gel, eye drops for children over 2years old or homeopathic mixtures may be administered but at the discretion of the Manager and according to our medication procedure.

- The parent must be asked when the child had last been given the medication before coming to Nursery; this information will be recorded on the medication form.
- Prescribed medication is only administered by a Senior Management



- All medication administration is witnessed and countersigned by another staff member
- The medication container is checked by both staff
- All medicine must be in original container with instructions and content clearly labelled in English
- Only medication which is correctly labelled with the child's name and details and in the original box will be administered
- Staff will check that all details contained on the medication match the instructions given by parents on medicine form
- The Nursery will not administer a dosage that exceeds the recommended dose on the instructions unless accompanied by a doctor's letter
- Medication is administered in a positive manner
- Inhalers can be administered by the senior staff member in the room, again following all other medication procedures
- Parents who wish us to administer homeopathic mixtures or teething gel are advised that we would only give this if the child has already been given this at home and suffered no adverse reaction
- Medicine forms are official documents that need to be stored securely after use for many years
- Staff must have due regard for this and ensure names, dates, times, medication names and dosage are clearly and fully stated
- Any medication that needs to be stored in a fridge e.g. antibiotics, must be stored in one that either has a lock or is not in the children's rooms
- **Medication MUST NOT be stored in children's bags.**
- **All medications must be in their original containers, legible and not tampered with or they will not be given. All prescription medications should have the pharmacist's details and notes attached to show the dosage needed and the date the prescription was issued. This will all be checked, along with expiry dates, before staff agree to administer medication**

#### **Non-prescription medication (*these will not usually be administered*)**

- The Nursery will not administer any non-prescription medication containing aspirin
- If the Nursery feels the child would benefit from medical attention rather than non-prescription medication, we reserve the right to refuse Nursery care until the child is seen by a medical practitioner
- An emergency Nursery supply of fever relief (e.g. Calpol) and anti-histamines (e.g. Piriton) will be stored on site. This will be checked at regular intervals by the designated trained first aider to make sure that it complies with any instructions for storage and is still in date
- If a child exhibits the symptoms for which consent has been given to give non-prescription medication during the day, the Nursery will make every attempt to contact the child's parents in the first instance. Where parents cannot be contacted then the Manager will take the decision as to whether the child is safe to have this medication based on the time the child has been in the Nursery i.e. less than 4 hours we will not administer the medicine. The circumstances surrounding the need for this medication and the medical history of the child on their registration form for giving non-prescription medication will be a last resort and the Nursery staff will use other methods first to try and alleviate the symptoms, e.g. for an increase in temperature the Nursery will remove clothing, use fanning, tepid

cooling with a wet flannel. The child will be closely monitored until the parents collect the child.

- If a child has a specific condition that requires 'Calpol' or 'Piriton' then it is the onus being on the parent to provide the medicine.
- Children of two years and above will not be given prescribed Calpol in the Nursery, unless accompanied with a note from your child's G.P, explaining the specific need to do so.
- For any non-prescription cream for skin conditions prior written permission must be obtained from the parent and the onus is on the parent to provide the cream which should be clearly labelled with the child's name. We will not apply body cream unless there is a specific medical need to do so.
- For any non-prescription of teething gel prior written permission must be obtained from the parent and the onus is on the parent to provide the teething gel which should be clearly labelled with the child's name. We will not apply the teething gel unless there is a specific medical need to do so.
- If any child is brought to the Nursery in a condition in which he/she may require medication sometime during the day, the manager will decide if the child is fit to be left at the Nursery. If the child is staying, the parent must be asked if any kind of medication has already been given, at what time and in what dosage and this must be stated on the medication form.
- As with any kind of medication, staff will ensure that the parent is informed of any non-prescription medicines given to the child whilst at the Nursery, together with the times and dosage given.
- The Nursery **DOES NOT** administer any medication unless prior written consent is given for each and every medicine.

### **Injections, Pessaries, Suppositories**

As the administration of injections, pessaries and suppositories represents intrusive nursing, they should not be administered by any member of staff unless appropriate medical training is given to each member of staff caring for the child. This training would be specific for each child and not generic.

### **Children who have a long-term medical condition**

Inhalers will be kept in a secure place within each room and be in original containers and clearly labelled to indicate:

- Child's name
- Photo of the child
- Date of prescription
- Expiry date
- Dosage
- Any other relevant information
- Parents are required to complete a health care plan that will be stored with the inhaler

Epi pens will be stored securely in the child's room and taken into the garden with the relevant details. The information held will clearly identify what action needs to be taken when and after administering the epi pen.

A care plan is carried out for each child with a long-term medical condition that requires ongoing medication. This is the responsibility of the Manager and Key Person. Other medical or social care personnel may need to be involved in the care plan.

Parents will also contribute to a care plan. They should be shown around the setting, understand the routines and activities and point out anything they think may be a risk factor for their child.

The training needs of the staff will be part of the risk assessment.

A health care plan will be drawn up for the child with the parent, outlining the Key Person's role and what information must be shared with other staff that cares for the child. The health care plan should include what to do in an emergency. This will be reviewed every six months

### **Staff Medication**

- Staff must inform their Manager if they have taken any medication, particularly if this is likely to affect their performance
- All medication will be recorded and if an emergency situation occurs, we will pass this information to the emergency services
- Staff who are taking long term medication must inform the Manager and a record of this will be placed on their staff file and care plan
- If long term medication can cause impairment of ability to perform work role, we may ask staff if we are able to discuss this with their GP
- Any staff medication must be stored according to the storage of medication procedure, the same as the children's in the office or fridge

### **Information Sources**

- Parents will have the opportunity to discuss health issues with Nursery staff and will have access to information available to the Nursery
- The Nursery will maintain links with health visitors and gather health information and advice from the local health authority information services and/or other health agencies

### **Procedure to be followed in the event of an accident**

1. If a child or a member of staff has an accident they will receive first aid by the first aider only.
2. Gloves will be worn when dealing with blood or any other bodily fluids and then disposed of in the appropriate manner.
3. The wound will be cleaned with sterile cloths or a cold compress applied. No ointments will be applied.
4. If hospital attention is needed then the Manager, Deputy Manager or room Leader will make that decision and will take the necessary action to get that person to hospital.
5. If the accident has happened to a child the person in charge will inform the parents

immediately.

6. An accident form will be completed and the accident will be recorded in the accident book. It will state the time it happened, the date, how it happened, first aid given and will be signed by two members of staff via the nursery Family app the parents must acknowledge the notification on the nursery Family app

### **Procedures for children with allergies**

When children start the setting, the parents are asked if their child suffers from any known allergies. This is recorded on their registration form and on an allergy form in the kitchen and in the base room and a care plan must also be completed and reviewed every 6 months.

If a child has an allergy, a medication/allergy form is completed by the parent/carer before they start. The following details are recorded:

- The allergen
- The nature of the allergic reaction – e.g. rash, breathing problem, anaphylactic shock
- What to do in case of a reaction
- Control measures – prevent contact with allergen
- If an Epi pen is required parents are responsible for ensuring this is on site. A new child cannot start until this is at the nursery and all forms are completed
- Review

This will be kept in the child's personal file and all staff will be notified of allergen and treatment required. Parents or other professionals will train the staff on how to administer special medication.

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