



Pippins Day Care Children's Health and Wellbeing policy

Pippins Day Care believes that promoting children's health and well-being must be part of everything we do. Teaching young children the importance how to look after their physical and mental health, lays down the foundations for self-care and self-awareness as they grow into young people and adults. The Framework for early years education defines well-being as; 'feeling at ease, being spontaneous and free of emotional tensions and is crucial to secure 'mental health'. Children's perseverance and resilience must be celebrated and encouraged. The following guidance outlines how the team promotes health and well-being in our children and offers advice and support for our parents.

Medication

Prescribed medication will only be administered at Pippins Day Care by staff upon written consent being given by relevant parent/carer.

Parents/Carers are requested to provide any information relating to medical conditions on the child entry form when registering for nursery. Parents are required to inform Pippins Day Care of any changes to health conditions or medication.

Medical or technical training is given to staff when administration of medications require it. E.g. EpiPen

Medication will be locked away, unless required to be stored in a refrigerator.

Once medication is administered, staff will make a record in the medication book. Parents will then be asked to check how much has been given, when and by which member of staff and will be requested to sign accordingly.

Sun Screens

Pippins Day Care monitors weather conditions carefully. During periods of extreme heat, we ask parents to apply sun screen before attending the setting. If the weather is particularly hot, children are allowed into the garden area during the coolest part of the morning and come inside when the sun is too hot. Parents are also asked to provide a hat, sunglasses and a top with light but long sleeves to protect young skin.

Oral Health

All parents are asked whether their child is registered with a dentist and provide details on the child entry form. If a child is not registered with a dentist, parents are encouraged to register their child. Our curriculum has a termly focus on oral health, children are taught how we brush our teeth and

why this is important to our general health. A dentist is invited to visit the setting to speak to the children and give them the opportunity to become familiar with the dentist and what happens when we visit.

Wellbeing

It is important children see themselves as valued individuals and begin to understand their role in the family and friendship groups at nursery. Children will be encouraged to:

- Build constructive and respectful relationships
- Work and play cooperatively with each other
- Talk about their emotions and understand that it is, at times normal to feel sad/upset
- Express their own feelings and begin to regulate their own behaviour
- Recognise the feelings of others

If a child begins to show a significant change of behaviour or mood, the safeguarding lead (Ms L Fellows) will be informed and procedures will be followed.

GP registration

Parents are asked whether their child is registered with a doctor. Details of the child's medical practice are kept on their records in line with data protection. Pippins Day Care also asks for the child's **immunisation status**.

Allergies

Details of allergies are documented on the child entry form before children enter the nursery, if an allergy is declared, a health and care plan will be created for the child with the parents. Food allergies are carefully monitored and no nut/seed products are kept on site. Epipens are stored in line with parent's instructions and administered by staff with paediatric first aid training.

Choking Hazards

Some young children are still learning to chew properly. In order to avoid choking Pippins Day Care will help to reduce the risks of choking on some foods by changing their size, shape or texture, and by serving certain foods in small, manageable bites. Some foods are easy for young children to choke on when swallowing because they are the same size and shape as a child's airway. Children under 4 years of age are at the greatest risk of choking. Children will be offered a wide variety of food.

- Children must always be supervised during meal times
- Soft food should be cut into thin slices
- Soft, round foods such as sausages must be cut into short strips rather than round pieces. Hot dogs should be cut lengthwise and width wise.
- Foods such as celery and carrots should be cut into sticks – not round pieces.
- Cheese should be grated or thinly sliced – no chunks allowed.
- No grapes, cherries, berries, melon balls or cherry tomatoes on the menu.
- No nuts or seeds on the menu.

- Children should have a calm, unhurried lunch/snack time.
- Children should not eat when walking, riding in a car or playing.
- Staff should model safe eating habits and chew thoroughly.
- Children should sit up straight whilst eating and be seated at a table.
- All cooked food is prepared and cooked in the kitchen (Red Zone) children are not allowed in this zone.

In the event of a child choking:

In the event of a child choking, please follow Paediatric first aid guidance as follows:

- **Encourage the child to cough** – this may clear the obstruction
- If this has no effect then **deliver up to 5 sharp back blows**
- If the child is small it may be possible to lay them across your lap facing down. Otherwise, support them standing up leaning forward and bent over. Deliver up to 5 sharp back blows in the middle of the back between the shoulder blades using the heel of your free hand
- If this has not removed the obstruction, and they are still conscious, you must start **abdominal thrusts**
- Stand or kneel behind the child and wrap your arms around them just below the rib cage and above the navel. Clench one fist with the flat thumb side positioned above their navel and grasp this with the free hand
- **Pull sharply inwards and upwards up to 5 times**
- Be careful not to pull onto their rib cage or the bottom of their breastbone
- Remove any obvious sign of obstruction, but do not make a blind attempt to remove something that you cannot see. You may actually force the obstruction further down the airway
- **If after 3 cycles of 5 back blows and 5 abdominal thrusts the obstruction has not been removed, then you must call for an ambulance and continue with the cycle**
- **If the child becomes unresponsive perform CPR**

Hand washing

Regular, thorough hand washing remains the most effective first defence against infection.

Children will:

- wash their hands for at least 20 seconds, paying attention to the back of hands and in between fingers
- be supervised when washing their hands
- be taught why we wash our hands (to prevent the spread of infection)
- have a small step stool to reach sinks
- wash hands after playing outside
- wash hands before snack time
- wash hands after visiting the toilet

Toilets

Children will be supervised when visiting the toilet. Children will be encouraged to toilet independently when able to do so. A small step stool is provided for children who cannot reach the toilet seat and a child seat is available. After each use the seat will be sanitised.

Regular toilet times are time tabled. Children will:

- line up and wait their turn
- wash hands carefully after visiting the toilet
- be allowed to visit between 'toilet times' if needing to do so (always supervised)

Potty Training

Some children arrive at nursery whilst still potty training. Pippins Day Care will support parents by encouraging the transition from potty to toilet. All potties will be sanitised after use, children will be praised when achieving steps in the transition. If concerns about potty training are raised by the staff, parents will be involved and support such as a visit to the health worker or GP will be suggested.

Related policies/guidance

Safeguarding/child protection

COVID-19 risk assessment

COVID-19 guidance for parents

Personal, social and emotional development curriculum

Physical development curriculum

