



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 of 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 states "Children learn best when they are healthy, safe, secure, when their individual needs are met, and when they have positive relationships with the people caring for them ." (3.1)

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.

Children's Health

Parents/Carers are requested to provide any information relating to medical conditions, illness or allergies on the child entry form when registering for nursery. A **Health Care Plan** is then completed and retained in the Child Details folder. All Staff are informed of the illness, allergy or medical condition. Professional medical guidance is sought when the condition is unknown to us ie. Visit to nursery from Cystic Fibrosis nurse etc.

Parents are required to inform Pippins Day Care of any changes to health conditions or medication.

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**.

Medication (Ref. EYFS 3.58 - 3.61)

Prescribed medication (whether it be as a one-off or ongoing) will only be administered at Pippins Day Care by staff upon written consent being given by relevant parent/carer. The receiving member of staff must check that the medicine is prescribed to the child in question by checking the label for their name and the date. A medication form or on-going medication form can be found in the register folder and in the master folder.

Medical or technical training is given to staff when administration of medications require it. E.g. Epipen. Once medication is administered, staff will make a record on the medication form. 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.

Medication such as antibiotics will be stored in a refrigerator. Inhalers and anti-histamines for ad-hoc usage will be kept in individual child's bag. A Risk Assessment is in place so that children have no access to bags without adult supervision.

Allergies – (also see Food Safety & Nutrition Policy)

Details of allergies are documented on the child entry form before children enter the nursery, if an allergy is declared, a Health Care Plan will be created for the child with the parents. Food allergies are carefully monitored for the individual children. Child Allergies are listed on the snack trolley and the parents will be contacted with a photo showing the ingredients when a new item is being offered at snack time.

Epipens are stored in line with parent's instructions and administered by staff with paediatric first aid training.

Management of Infectious Diseases

Children will not be admitted to the setting if displaying any of the following:

- High temperature
- Vomiting
- Diarrhoea
- Rash
- Impetigo
- Ring worm
- Chicken Pox
- Conjunctivitis

This list is not exhaustive; should a practitioner observe any symptoms of concern, the setting manager will be informed, the child will be reassured and isolated from the other children and parents will be informed and asked to collect their child. The Nursery manager will share the concerns with the parent and suggest a GP appointment if felt necessary.

In the event of vomiting and diarrhoea, children will not be allowed back to the setting until 48 hours after symptoms have stopped.

Pippins Daycare will use the NHS 'Managing Cases of Infectious Diseases in Schools and other Childcare Settings' poster for guidance by following the QR code link. The poster is displayed with this policy and on the wall in the office.

Public Health Guidelines

Pippins Day Care is aware that some childhood illnesses may develop into wider outbreaks.

Guidelines for the public health management of outbreaks will be followed and UKHSA informed.

Pippins Day Care asks to see the child's Red Book before they start nursery with us, to check all immunisations are up to date. Where concerns are raised guidance will be given to parents to contact a health professional for further advice.

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.

(Also see Food Safety and Nutrition Policy re : limited sugar intake and healthy food and drink).

Safe Sleep

At Pippins, it is rare that a child falls asleep. We know our children well and when they do fall asleep, it is normally a sign that they are unwell. A note is made of the time and the parent is called or messaged to let them know. The child is placed on a designated 'sleep mat' in the main room. The mat should be free from clutter (to avoid contact/choking etc. hazards). The child should be kept warm (with a blanket) or cool (away from hot blowing air or sunlight) depending on their temperature and the room temperature. Staff MUST check the child by watching the rise and fall of their chest every ten minutes and note down these checks on the Health & Safety Daily Checklist 'Notes' page.

(Ref: EYFS 3.84 Safer Sleeping, ChildcareConnect 'Creating a Safe Sleep Environment in EY settings')

[Lullaby Trust - Safer Sleeping](#)

[NHS - Reduce the risk of SIDS](#)

Heat/Sun exposure

Pippins Day Care monitors weather conditions carefully. In warm weather 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 and suitable clothing for the heat. Children are given access to a drink throughout the day and encouraged to drink more at snack time and lunch time.

Cold temperature exposure

Pippins Daycare encourages parents to send children with a warm winter coat, woolly hat and mittens in cold weather. Suitable waterproof footwear is also advised. Spare jumpers and coats are available should staff believe a child's clothing is inadequate. Time outdoors will be limited in cold weather.

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.

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 messy play
- wash hands before snack time and lunch 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.

Regular toilet times are time tabled. Children will:

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

Intimate Care & Nappy Changing

At Pippins, children's privacy is considered during nappy changing and toileting times. Children are taken to a bathroom in no more than two children at a time for nappy changing.

A changing mat is supplied and staff are able to use this either on the floor or on the wall-mounted changing table. We also provide nappy sacks, antibacterial wipes, gloves and aprons. All staff and children MUST wash their hands after nappy changing and toileting times. Children provide their own nappies, wipes, changes of clothes and we keep spares too.

A separate toilet is available for staff.

Toilet Training

Most children start nursery in nappies and begin potty training during their time with us. Pippins Day Care will support parents by encouraging the transition from nappies to toilet. No potties are kept on site. Children may bring in a potty from home during the toilet training period. This should be taken home and cleaned each day. Children will be praised when achieving steps in the transition and normally a sticker chart is used. If concerns about potty training are raised by the staff, parents will be involved and supported. Parents will be advised to seek GP or HV for advice if necessary.

Toilet Training Tips for Parents guidance is sent out to parents periodically. (Latest guidance attached to this Policy). Eric.Org also offers advice for 'Potty Training Problems.'

Related policies: *Safeguarding Children, Health & Safety Policy, Food Safety and Nutrition Policy, COVID-19 risk assessment*

Updated November 2025