



## **Bright Start Day Nursery**

### **Health and Hygiene – Policy and Practice**

The Day Nursery will promote a healthy lifestyle and a high standard of hygiene in its day-to-day work with children and adults. This will be achieved in the following ways:-

- Food
- Outdoor play
- Illness
- Information sources
- Hygiene

#### **Food**

All meals and snacks provided will be nutritious and due attention will be paid to the children's particular dietary requirements.

When cooking with children as an activity, adults will wear appropriate clean clothing and wash both their own and the children's hands before handling food. The food provided should be healthy and wholesome, promoting and extending the children's understanding of a healthy diet.

#### **Outdoor Play**

Children have the opportunity to play in the fresh air throughout the year, either in the Day Nursery's own outside area or on outings around the grounds or to the park.

The outdoor play is extended in the children's front "Sensory Garden" which includes a shaded area for reading stories, bird tables, herb garden and an opportunity for children to plant and grow flowers and vegetables.

#### **Illness**

- 1 Parents/carers will be asked to keep their children at home if they have any infection, and to inform the Day Nursery as to the nature of the infection so that the Day Nursery can alert other parents/carers if necessary, and make careful observations of any child who seems unwell.
- 2 Information regarding exclusion periods for the common communicable diseases and infections is displayed on the Parents/carers Notice Board.
- 3 Parents/carers will be asked not to bring into the Day Nursery any child who has been vomiting or had diarrhoea until at least forty-eight hours has elapsed since the last attack.



- 4 If the children of staff are unwell, they will not accompany their parents/carers to work in the Day Nursery.
- 5 Cuts or open sores, whether on adults or children, will be covered with sticking plaster or other dressing.
- 6 If a child is on prescribed medication the following procedures should be followed:-
  - The child's parent/carer will, if possible, administer the medicine. All medication must be clearly labelled with the child's name, dosage and any instructions.
  - Day Nursery staff may administer medication to children under their control. This may take the form of tablets, inhaler or liquid prescribed by the child's doctor, but only with written consent of the child's parent/carer and the completion of one of the Day Nursery Medicine Consent forms. All Day Nursery staff will be trained to administer the medication. Written records are then kept of all medicines administered to children, and parents sign the record book to acknowledge the entry.
  - All medicines should be kept in a locked cupboard or fridge if required.
  - The Medicine Consent form will be used to record the name of the child receiving medication, name of medication, time last dose was given, times at which the medication should be administered and signed by the parent/carer.
  - The Day Nursery will ensure that the first aid equipment is kept clean, replenished and replaced as necessary. Sterile items will be kept sealed in packages until needed.
  - Children must not attend the nursery with any symptoms of the coronavirus  
    . cough, difficulty in breathing, fever (37.8 or above), loss of sense of taste/smell

### **Information Sources**

- 1 The Day Nursery will maintain links with Health Visitors and the vast expertise and experience of the Childcare team in the College and gather health information and advice from the local Health Authority Information Services and/or other health agencies.
- 2 Parents/carers will have the opportunity to discuss health issues with the staff and have access to information available to the Day Nursery.



## Hygiene

To prevent the spread of all infection, adults in the Day Nursery should ensure the following good practices are observed:-

### 1 Personal Hygiene

- Hands washed after using the toilet
- Children with pierced ears will not be allowed to try on or share each other's earrings
- Tissues will be available and children, if able, encouraged to blow and wipe their noses as necessary. Soiled tissues will be disposed of hygienically in the sealed tissue disposal container.
- Children will be encouraged to shield their mouths when coughing
- There will be a minimum of one toilet and one washbasin available per ten children
- Potties, trainer seats for toilets, nappy changing facilities and the provision for discarding disposable nappies will be available
- The use of electric hand dryers will be supervised. Paper towels will be available and disposed of appropriately when used
- Hygiene rules related to bodily fluid will be followed with particular care, and all staff and volunteers will be aware of how infections, including HIV infection, are transmitted.

### 2 Cleaning and Clearing

- All toilets, potties, toilet seats and changing mats will be sprayed and wiped with a sanitising concentrate in-between each child's use, to stop the risk of possible cross infection of as yet unknown infections
- Spills of blood, vomit or excrement should be wiped up and flushed down the toilet. Rubber gloves will always be used when cleaning up spills of body fluids. Floors and other affected surfaces will be disinfected with sanitising concentrate according to the manufacturer's instructions. Fabrics contaminated with body fluids will be thoroughly washed in hot water.
- Spare laundered pants and other clothing will be available in case of accidents. Polythene bags will be available in which to wrap soiled garments.



### 3 Food

The Day Nursery will observe current legislation regarding food hygiene, registration and training. In particular each adult will:-

- Always wash hands under running water before handling food and after using the toilet
- Ensure the kitchen is free from contamination, eg rodents, flies, etc
- Never cough or sneeze over food
- Use different cleaning cloths for kitchen and toilet areas
- Prepare raw and cooked foods in separate areas.