

5. Health and Wellbeing Policy

EYFS 2023 Statutory Guidance: Safeguarding and Welfare Requirements. Health

Guidance for this policy has been taken from the EYFS Statutory Framework (DfE, 2023), Disability and Discrimination Act (2005) and Health protection in children and young people settings, including education (UKHSA, 2022), Managing Specific infectious diseases: A to Z (UKHSA, 2022).

Signed by (Trustee): Diane McVey

Date: December 2022

Next Review date: December 2023

Review date	Description	Proposed by	Approved by
20.12.22	Updated guidance information sources. Minor changes made to current exclusion period required. Changed Alice's job title where required.	Sadie Clarke (Centre Manager)	Diane McVey
01.02.23	Added clarification to exclusion policy	Sadie Clarke. Reviewed by Catherine Cook.	

Review of Policy

The Chief Executive will review the content of this policy every year or earlier in the event that there are changes in legislation or as a result of a change in good practice. Every effort will be made to give reasonable notice of any changes to this Policy but the right is reserved to make amendments without further notice should circumstances warrant it.

Emotional Well-Being and Sleep

We recognise that to meet children's learning and development needs appropriately, we must first meet children's emotional needs and ensure they are happy and secure in the nursery environment. This includes not being hungry or tired; some children may fall asleep at the Centre or arrive to us asleep. We will provide a safe environment with freshly laundered bedding for your child to rest. A member of staff will monitor your child whilst they are sleeping and will sit next to them. We will not keep a child awake against their will and will not usually wake a child from their sleep unless we are concerned for their wellbeing. For example if a child sleeps for longer than usual, we may wake them to take their temperature and encourage them to try a drink before making a judgement about their health and if the child is well enough to be in session.

Dietary Needs and Food Hygiene

The nature of our work often means the children attending have specific dietary needs. As far as possible we meet dietary needs, with the exception of prescribed foods such as Pediasure etc. In these circumstances we request parents and carers provide such food items.

We respect the choice of parents and carers to send children their own foods, and are aware that due to some children's needs, their diet can be limited, however we encourage children to try different foods. Our Centre is a nut free area, and we strictly request that no foods containing nuts are brought into the Centre.

Many children attending require thickener in their drinks. We request this is sent in a sealed container or the original box with the child's name on and directions of quantities required. Parents and carers may also send this "made up" freshly if they wish.

We offer brown toast, yoghurt and banana on a daily basis at snack time. We also offer other foods to taste periodically. We try to maintain a healthy balance when offering snacks, and occasionally may use snack time as a celebration, for example a cultural event. However, due to some children's needs, we are aware that their diets and food choices may be extremely limited, and snack choices do reflect this.

Children are welcome to bring celebration cakes for example birthdays; however this will be distributed directly to parents and carers, leaving them the choice to offer this to their children.

A cool jug of water is out for the children to access, however we recognise children attending may not be able to access this independently, therefore we offer drinks periodically and at snack time and more frequently during hot weather. We also offer alternative methods for children to communicate they would like a drink such as picture cards, gesture, Makaton etc.

We offer milk and water as a first choice for children but recognise that many of our children choose not to drink water and milk, and hydration is a priority. With parents and carers permission we offer weak juice or other drink of parents and carers preference.

We promote good hand washing practices and support children to wash their hands and develop independence in this skill. Hand washing is practiced before snacks, before eating and when appropriate at various other times throughout the day to promote good hygiene, such as after activities such as outdoor play, sand play etc. For some children, accessing a sink can be difficult; in this situation we may use a hand wipe, warm flannels or a bowl of water to promote hand washing skills and practices.

Many children attending the Centre may mouth and chew items. Following this each item is cleansed thoroughly before being placed back into the nursery room.

Our staff hold appropriate food hygiene qualifications and follow good practice procedures preparing and serving food. Personal protective equipment is used to ensure hygiene and reduce the risk of contamination.

Following snack time, each child has a clean flannel to wipe their hands and face. These are used once and laundered daily.

Oral Health

We recognise the importance of forming good habits with oral health from an early age and we work with parents and carers to support their child's oral health. In the Centre we

encourage this in ways such as through role play, offering a range of snack choices, talking about healthy food and drink choices and keeping our teeth clean in appropriate ways depending on each child's needs. However, we recognise that for some children attending the Centre they can find tooth brushing routines particularly challenging, they may have very restrictive diets, sensory needs or take regular medication which can all have an impact on oral health. Therefore we will attempt to help parents with this through offering advice or carrying out activities during the session to help with this. For example we may help to desensitise children to the toothbrush, by starting using it on their skin around their mouth or even their hands. We may suggest different strategies to try to help encourage tooth brushing routines and will signpost parents to local specialist dentists. Strategies may include using vibrating toothbrushes, having music playing during tooth brushing, having visual aids, and offering a wide range of snack choices.

Intimate Care, Nappy Changing and Toilet Training

All children have a right to dignity, privacy and respect at all times. Children are encouraged to be as independent as possible when carrying out intimate care; practitioners are sensitive to children's personal space and emotional wellbeing.

When carrying out intimate care tasks such as toileting, practitioners take time to ensure children are at ease for example singing or offering toys that settle children to promote this task as a positive shared interaction.

Good practice is followed regarding hygiene procedures, and personal protective equipment is used. The changing area is disinfected after each use and is thoroughly cleaned daily.

When carrying out intimate care, practitioners are always within sight or sound of other practitioners while maintaining privacy for the child. With written consent, practitioners will apply nappy cream provided by parents and carers if necessary, we do have sudocrem available for emergencies.

Sun Care

We have access to a fantastic outdoor area and make full use of this where appropriate. To ensure safety in the sun we follow guidelines such as:

- Checking weather reports and monitoring UV levels to enable us to make a judgement about using the outdoor area.
- Not using the outdoor area in the midday sun if it is deemed to be too hot.
- Applying children's own sun cream prior to exposure and applying nursery sun cream with consent in the event of a child not having their own sun cream.
- Ensuring children wear a sun hat and providing spare sun hats as necessary.
- Encouraging children to increase their fluid intake to prevent dehydration.

Immunisations

We expect all children to be appropriately immunised, however we recognise that many of our children may experience delays in their immunisation programme. We request that parents inform us if this is the case so we can remain aware of this.

Illness and Infection

To prevent the spread of infection and maintain the health and well-being of all children and adults at the Centre we exclude some illnesses and infections. Parent carers must inform us if their child has been ill so that we can prevent the spread of infection. If you are unsure if

your child is well enough to attend you must discuss this with the Centre or Deputy Centre Manager. Some common illness and infections are detailed below.

If any child becomes or presents as unwell during their session, the parent carers or emergency adult will be contacted and informed of the incident and are expected to make arrangements to collect their child as soon as possible. This policy is non-negotiable. Although some of the exclusions, exclusion periods and requests to collect children may seem extreme, many of the children attending the Centre have extremely low immune systems and therefore it is crucial these exclusions are followed.

This policy is applied by the Centre Manager and Deputy Centre Manager, with consideration of individual circumstances. For example, children whom are known to suffer low immune systems may experience life threatening circumstances from a common cold, and as such we will remain vigilant in protecting all children in attendance. In contrast, children with a purely cognitive impairment may benefit from maintaining their normal routine whilst they have a common cold. The list below is not exhaustive and we reserve the right to refuse attendance based on concerns about a child's wellbeing or illness and based on the medical vulnerability of other children in attendance.

The Centre Manager and / or Deputy Centre Manager's decision is final.

Illness/infection/symptoms	Exclusion period	Additional information
Antibiotics	First 24 hours on the course and until the child is well	If child is regularly, prescribed antibiotics consult the Centre Manager or Deputy Centre Manager
High temperature	When recovered, and when the child can maintain normal temperature without the use of medication such as Calpol, and are well within themselves.	
Respiratory infections, including coronavirus (COVID-19)	If a child has a positive COVID-19 test result they should try to stay at home and where possible avoid contact with other people for 5 days after the day they took the test. The risk of passing the infection on to others is much lower after 5 days. If they feel well and do not have a high temperature they can return to setting. Children can continue to attend if someone in their household has a positive covid test result.	Children with mild symptoms such as a runny nose, sore throat, or mild cough, who are otherwise well, can continue to attend their session. If a child displays any of the above symptoms during their session and they appear to be unwell in themselves compared to when they are normally fit and well, we will contact parents/ carers to collect.
Vomiting or diarrhoea	48 hours from the last symptoms	Please inform us if you child has suffered recently
Conjunctivitis	Exclusion down to the Centre Manager or Deputy Centre Manager's discretion.	

Gastroenteritis	Until authorised by GP.	
Measles	4 days from the onset of the rash with GP's authorisation.	
German Measles (Rubella)	5 days from the onset of the rash.	
Meningococcal Meningitis / Septicaemia	Need antibiotics and must be recovered before returning. The Health Protection Unit may be consulted.	
Meningitis due to bacteria	Until recovered. The Health Protection Unit may be consulted.	
Viral Meningitis	None, but the child must be considered "well" in themselves.	
Whooping Cough (Pertussis)	2 days from antibiotic treatment or 21 days if no antibiotic treatments.	
Impetigo	Until lesions have crusted and healed or 48 hours after commencing antibiotics.	
Ringworm	Treatment is required. Exclusion at the discretion of Centre Manager or Deputy Centre Manager.	
Scabies	Until treatment has commenced and for 48 hours after.	
Chicken Pox	At least 5 days from onset of rash or longer and once all lesions have crusted over	
Hand, foot and mouth	Exclusion down to the Centre Manager or Deputy Centre Manager discretion	
Warts and Verrucae	None	
Flu (influenza)	Until fully recovered	
Glandular Fever	None	
Viral Tonsillitis	None, but the child must be "well" in themselves.	

Bacterial Tonsillitis	Until recovered, usually after a course of antibiotics.	
Head Lice	None, treatment is advised.	
Threadworms	None, treatment is advised.	
Cold sores and athletes foot	None	
Scarlet Fever	Exclude until 24 hours of appropriate antibiotic treatment completed, if no antibiotics administered, exclusion for 3 weeks.	
Slapped Cheek disease	None, as long as rash is developed.	
Tuberculosis	At the discretion of the local Public Health England department	
Diphtheria	Exclusion until authorised to attend by Public Health England.	
Hepatitis A	7 days after the onset of symptoms of no jaundice	
Hepatitis B or C, HIV or AIDS	None	
MRSA	None	
Mumps	5 days after the onset of swellings.	