

5. Health and Wellbeing Policy

EYFS 2025 Statutory Guidance: Safeguarding and Welfare Requirements. Health

Guidance for this policy has been taken from the EYFS Statutory Framework (DfE, 2025), Disability and Discrimination Act (2005) and Health protection in children and young people settings, including education (UKHSA, 2026), Managing Specific infectious diseases: A to Z (UKHSA, 2024), A to Z of infectious diseases in children and young people's settings (UKHSA, 2026) Early Years Foundation Stage nutrition guidance (May 2025).

Signed by (Trustee): Diane McVey

Date: 31.05.2026

Next Review date: 31.05.2027

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.	
22.02.24	Updated guidance information sources. Updated information around measles	Sadie Clarke (Centre Manager)	Diane Mcvey
19.08.24	Updated Intimate Care, Nappy Changing and Toilet Training section around good hygiene practice and the use of protective equipment	Sadie Clarke (Centre Manager)	Diane McVey
10.03.25	Updated allergy section following recent training, to include further detail	Sadie Clarke (Centre Manager)	Diane McVey
07.05.25	Updated Health smiles tooth brushing programme	Sadie Clarke (Centre Manager)	Diane McVey
07.08.25	Updated dietary requirements to amend snack time routine. Updated allergies to make practitioner responsibility of dietary requirements clearer.	Sadie Clarke (Centre Manager)	

21.08.25	Updated Dietary Needs, Food Hygiene and nutrition section to reflect the Early Years Foundation Stage Guidance	Sadie Clarke (Centre Manager)	Catherine Cook
02.09.25	Added in extra information about high UV levels	Sadie Clarke (Centre Manager)	Catherine Cook
18.12.25	Updated information about immunisations	Sadie Clarke (Centre Manager)	Catherine Cook
28.05.2026	Updated Guidance sources and information. Minor changes to wording Removed exclusions table and replaced with weblink to current guidance	Kirsty Perry (Family Support Manager)	Catherine Cook

Review of Policy

The Centre Manager 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.

Allergies

We advocate a 'whole nursery awareness of allergies' approach and are 'nut aware' within the centre, this means that we ask for **no** foods containing nuts to be brought into the Centre. On entry to nursery we ask you to notify us of any allergies, and request that you inform us of any changes as soon as possible. If a child has an allergy action plan, we will need a copy of this to be kept in the child's individual green file, which is kept in the nursery room. A health care plan will be written in collaboration with parents, and health care professionals, we ask that any written medical documentation, instructions and medications as directed by a health professional are provided.

Any Adrenaline Auto Injectors (AAI) are stored at room temperature, and are protected from direct sunlight and temperature extremes. It is the responsibility of parents and/or carers to send two AAI into nursery in a labelled bag, however we will regularly check medication each month and will send out reminders if medication is approaching expiry. Used AAIs will be disposed of in a sharps bin or given to ambulance paramedics. AAIs are with children at all times, they must be taken by staff safely into the sensory garden during outdoor play.

Every child has a dietary requirement form that is followed by all practitioners, this may be in conjunction with a health care plan and/ or allergy plan. Each staff member is responsible for ensuring that the food provided during the snack routine meets their individual dietary requirements of the child they are supporting. Food labels are checked before giving out items to children to ensure it is safe for individual consumption. All early years' staff have training in allergies as well as Paediatric First aid, and we complete regular AAI training with a training device termly. We have comprehensive risk assessments in place that include allergies. Any near misses with allergies are recorded.

Dietary Needs, Food Hygiene and nutrition

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.

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 do not allow children to bring snacks into nursery from home. The only exception to this is for children who have prescribed foods. Children can still bring their own drink in a preferred cup. We have monthly snack menus to support dietary requirements and allergy management. We understand that children's diet and food preferences may be limited, however we encourage children to try a range of different foods in a safe and pressure free environment.

Our monthly snack menus contain three choices, and we will always try and offer a broad preferred food item that most children may enjoy. Snack menus will also cater for specific dietary requirements such as free from choices. We ask parents and or/ carers for food preferences upon starting, which can be reviewed if preferences and dietary requirements change.

We are vigilant of seating choices at snack time for any children with allergies, as we are aware that some children may reach out to attempt to get snacks from others, we carefully select where children are safest to sit around each table. Snack time is also an important opportunity during our routine for creating opportunities for developing independence, social and communication skills. We may adapt our ratios at snack time for each child's individual need and safety.

Many of the children attending the Centre enjoy exploring sensory activities, we offer a wide range of sensory exploration, including food play on sessions whilst also taking into account children's dietary needs. This play creates opportunity for children to explore foods in a fun way, in which they may then want to explore tasting and exploring using their mouth too. During pre-planned activities we may offer opportunities for children to be involved in

cooking and making foods, for example including making mini pizzas, fruit salads, smoothies etc.

Our dietary requirement forms are completed on entry and it is parent's responsibility to inform of us changes, they will need to ask for a new form to complete. The forms ask if a child requires food in a particular consistency/ texture or to be given in controlled amounts, taken into account what weaning stages children may be at and what children can safely manage orally.

For more information about baby feeding guidance, weaning and feeding please follow the link <https://www.nhs.uk/start-for-life/baby/>

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, whilst encouraging children to try new and a range of foods in a pressured free way.

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 at home.

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 and after 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. These are used once and laundered daily.

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 Level 2 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.

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. We follow the NHS, healthy smile programme which is currently commissioned for 3-5 year olds, parents and carers opt into this with signed consent. 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; hand washing before and after hygiene procedures and personal protective equipment is available to use for protection from bodily fluids or blood which may contain germs that spread infectious illnesses. Practitioners can make the personal choice around wearing gloves and aprons for changing wet nappies and clearing up toileting accidents, whilst maintaining good hygiene practices. 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. If levels are high time outside is kept to a minimum and we still avoid the hottest of the day.
- Not using the outdoor area during the hottest point of the day in the sun if it is deemed to be too hot. (Between 11am- 3pm)
- 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 that children are vaccinated in accordance with the government's health policy and their age. We support UK Health Security Agency guidance and NHS immunisation programmes, information about these is available in our Family room.

We make all parents aware that some children in the nursery may not be vaccinated, due to their age, medical reasons or parental choice. We request that parents inform us if this is the case so we can remain aware of this. This information helps us to respond appropriately should an infectious illness be circulating.

Our nursery does not discriminate against children who have not received their immunisations and will not disclose individual details to other parents.

[NHS vaccinations and when to have them - NHS](#)

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. For the most up to date guidance on exclusion periods, please click on the link below.

[Public Health Exclusion periods in children and young people's settings](#)

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.