

JUNEE PRESCHOOL POLICIES

General Health and Wellbeing Procedures

Quality Area 2: Children's Health and Safety

Goal/what are we going to do?

- ◁ We will provide a healthy environment that will foster general wellness and wellbeing in children and thus support their ability to actively explore and learn in this early childhood setting.
- ◁ Support families in promoting good hygiene and personal practices in their children that will be life long.
- ◁ Interact with and support community health programs in this rural area

Strategies/how are we going to do this?

We will provide procedures for staff to follow to ensure best practice. These procedures cover the general hygiene issues of:

- ◁ Dental care procedures
- ◁ Hand washing procedures
- ◁ Nose wiping procedures
- ◁ Toileting accident procedures (*for nappy change procedures please see Toileting and Nappy Change policy*)
- ◁ Vomiting

Dental care procedures

The Preschool aims to foster sound dental practices and awareness of the ongoing need for good dental care throughout life. By regularly distributing relevant information to parents about dental care and the need for checkups, the centre will also be supporting other health services in this rural town. To this end:

- ◁ Arrangements will be made for dental health professionals to visit the centre to talk with staff, children, parents and/or families about dental health as a part of the ongoing educational program.
- ◁ The centre will liaise with families to distribute relevant dental health information as it becomes available.

JUNEE PRESCHOOL POLICIES

- ◁ The centre will formally and informally incorporate information on dental health practices into the children's program, including such things as tooth brushing techniques, 'tooth friendly' snacks, the importance of visiting the dentist regularly etc.
- ◁ The centre will encourage healthy eating habits, and the drinking of water to quench thirst
- ◁ Staff will be conscious of their influence as role models in relation to good dental health practices.

Hand washing procedures

The use of correct hand washing procedures is critical in preventing the spread of infections and constitutes an important personal health practice that will be important throughout life. Procedures to foster this learning are as follows:

- ◁ The centre will provide safe, clean, appropriately sized and positioned basins for children to wash their hands in.
- ◁ The centre will provide single use paper towels for the drying of hands, and an approved liquid soap for the washing of hands. Children will be taught to use only one squirt of hand soap and one paper hand towel to dry their hands.
- ◁ For children, hands should be washed before eating, handling or preparing food or drink, after using the toilet, ideally after nose blowing (especially if the child has an infection) and after touching animals.
- ◁ For adults it will be the same plus after cleaning up following vomiting, bleeding or toileting accidents and before and after dispensing medication to a child.
- ◁ Staff will demonstrate hand washing for children eg, hands are washed under running water, rub hands vigorously, ensure all parts of the hands are washed, rinse hands and dry using a paper towel.
- ◁ Staff will talk about the importance of hand washing and how germs are spread.

Nose wiping procedures

For children, being able to wipe/blow the nose and knowing when it is necessary, is an important hygiene practice.

- ◁ Staff will encourage children's awareness of when they need to wipe or blow their nose, and will talk about the importance of "catch it, bin it, kill it" - ensuring they blow their nose, sneeze or cough into a tissue, put the tissue in the bin, and then wash their hands to kill the germs.

JUNEE PRESCHOOL POLICIES

- ◁ If staff members need to help children to wipe/blow their nose, they must wash their hands after or alternatively, use disposable food grade gloves. Upon removing the gloves they should be peeled off so that they are inside out, and disposed of in a bin straight away.
- ◁ Staff must ensure that an open box of tissues is available for both children and adults with a bin nearby.

Toileting accident procedures

It will be unusual for children 3-5 years to have toileting accidents. However, should it happen, at no time will children be punished or made to feel embarrassed about it. Procedures are as follows:

- ◁ Staff must wear disposable gloves
- ◁ Wet or soiled clothes must be removed immediately from the child. The affected parts of the child's body should be wiped down with a wet wipe.
- ◁ If the child does not have spare clothes, the centre will loan him/her clothes from the spare clothing pool.
- ◁ Urine can be mopped up with the bathroom mop.
- ◁ Soiled clothes will be placed in a plastic bag and placed in the bucket for soiled clothes out of reach of children. Wet clothes will be placed in a plastic bag and put in the child's school bag.
- ◁ At all times during this process the child should be reassured. The staff will also discuss the incident with the parents but not cause them to worry about it.

Vomiting procedures

Should a child vomit, at no time will he/she be punished or made to feel embarrassed about it. Procedures are as follows:

- ◁ Staff must wear disposable gloves.
- ◁ Staff will encourage children to move from the area.
- ◁ If the child continues to vomit, the child will be sat down and given a bucket or bowl. If they are able to walk they can bend over and vomit into the toilet.
- ◁ Soiled clothes must be removed immediately from the child and any affected parts of the child's body should be washed with warm water and dried.
- ◁ If the child does not have spare clothes, the centre will loan him/her clothes from the spare clothing pool.
- ◁ The vomit will be cleaned using the vomit/spill kit, paper towel and disinfectant.
- ◁ The floor area will be mopped and sanitised.

JUNEE PRESCHOOL POLICIES

◁ The wet and/or stained clothes will be placed in a plastic bag and given to the parents.

◁ At all times during this process the child should be reassured.

◁ The child will be given water to wash his/her mouth out.

The child's parents should be contacted as soon as possible after the incident.

SOURCES

◁ Staying Healthy in Child Care: Preventing Infectious Diseases in Child Care, 5th Edition, 2013

◁ SafeWork NSW – www.safework.nsw.gov.au

◁ Centre for Community Child Health – www.rch.org.au

◁ National Health and Medical Research Council – www.nhmrc.gov.au