

Only Early Learning Centre



Child Health and Hygiene Policy

Centre Policy Number 6

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Aim

Only Early Learning Centre aims to ensure that all staff members and children attending the Service implement adequate health and hygiene practices. Only Early Learning Centre aims to promote a healthy environment in which children will grow and learn about the world around them.

Who is affected by this policy

Children
Educators
Staff
Management
Visitors
Families

Hand Washing

Hands can play an important role in the spread of infection. The best way to prevent the transmission of disease is through effective hand hygiene. This can be done with soap and water, which removes both dirt and germs from the hands.

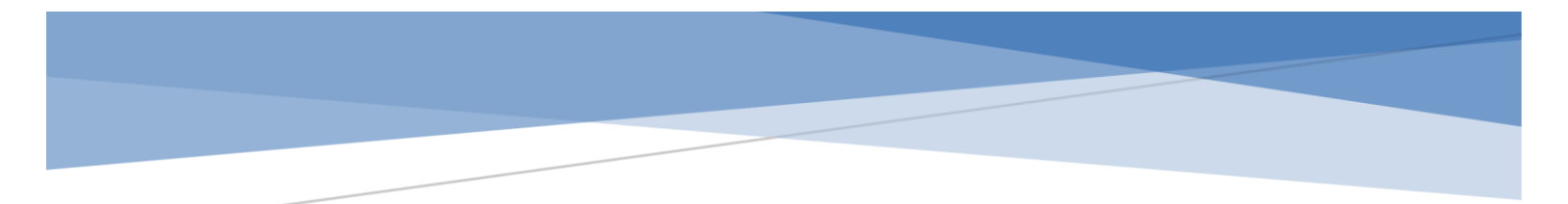
Only Early Learning Centre recognises that the application of preventative measures such as hand washing is the most effective way of preventing the spread of infection.

The Management Team at Only Early Learning Centre will be responsible for:

- Ensuring that there is safe, well maintained, age appropriate facilities are available for washing hands with soap and running water in the immediate vicinity of areas where child or staff use toilets, nappies are changed, food is stored, prepared or served, pets handled or kept and near areas of outdoor play.
- Ensuring that single use paper towels are provided for the drying of hands
- Ensuring that liquid soap will be available for children, visitors and staff at the service.

All educators, staff members, children and visitors are expected to wash their hands:

- On arrival at the centre
- Before and after eating or handling food
- Before preparing or cooking food
- Before and after changing a nappy, or checking a nappy, or cleaning the nappy change area
- After going to the toilet
- After cleaning up or contact with urine, faeces, vomit, blood or other bodily fluids
- After giving first aid or CPR
- After touching or wiping nose
- Before and after giving a child medication
- After playing outside or in a sandpit
- After patting or touching animals or pets

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- Before leaving the centre
 - Before and after putting on gloves
 - After helping children use the toilet
 - After handling garbage
 - Before and after applying sunscreen or other lotions

All educators, staff members, children and visitors are expected to follow the Hand Washing Procedure which will be displayed at all hand washing sinks at the centre:

1. Wet hands with running water
2. Apply soap to the hands
3. Rub hands vigorously for 15 seconds washing hands all over, making sure to include backs of hands, wrists, between fingers and underneath finger nails. (This process should take as long as singing Happy Birthday twice)
4. Rinse hands well under running water
5. Dry hands with single use paper towel or automatic dryer

Hand Drying

Effective hand drying is just as important as thorough hand washing. Damp hands pick up and transfer up to 1000 times more bacteria than dry hands. Using disposable paper towels is the most effective option and is encouraged at Only Early Learning Centre.

Appropriate use of Gloves

Wearing gloves does not replace the need to wash hands, and all educators must ensure that they perform hand washing before putting on gloves and after taking them off. Gloves are to be worn when:

- Educators are likely to come into contact with bodily fluids, changing a nappy or cleaning up vomit or blood

Cough and Sneeze Etiquette

All children are educated on the importance of cough and sneeze etiquette at the service. By covering a child's mouth and nose, surfaces and other children or educators are less at risk of being contaminated. Children are educated on the importance of coughing or sneezing into their inner elbow.

Nose Wiping

To minimize the spread of infection through nasal discharge, by ensuring that nose wiping is carried out in an efficient way and according to recommended guidelines.

When wiping a child's nose, educators will:

- Ensure that a disposable tissue is used
- Ensure that, at all times the educators wash their hands before and after wiping a child's nose
- Ensure that, if assisting, the child's hands are also washed
- If you do wear gloves, the staff will remove the glove by pulling over the hand covering the tissue
- Educate children on how to appropriately wipe their own nose using disposable tissues and disposing of them in the bin
- Ensure that children wash their hands after wiping their nose

Children's Clothing

Only Early Learning Centre understands the way children are dressed for care, can affect them in many ways and impact on their participation throughout the day, their safety and comfort. To ensure children's health throughout the day, regarding clothing:

- Children should be dressed in clothes which allow them to explore and not restrict them
- Clothing should allow for easy access for toileting
- Children should be appropriately protected from the sun
- Children should wear appropriate footwear that enables them, to play comfortably and not cause safety concerns. For example, thongs or backless shoes could pose a safety concern
- Ensure that, during sleep times, comfortable and non-restrictive is worn by children
- All children should have at least one change of clothes each day, in case of soiled or dirty clothing

Celebration Cakes and Blowing out Candles

Only Early Learning Centre provides cakes to children for their birthdays. To prevent the spread of germs when the child blows out their candles, the centre will provide a separate, individual cupcake for the child.

Play Dough

The following steps will be followed to reduce the risk of spreading infections when using play dough:

- Children and adults using play dough will wash their hands with soap and water before and after using playdough.
- Make a new batch of playdough each week and take out only enough play dough for each day.

Head Lice

Head lice are insects that live in hair and suck blood from the scalp. They can cause itching of the scalp, but they do not cause disease or illness. Female head lice lay their eggs and glue them to the base of hair shafts. The eggs are pale cream to yellowish brown in colour and hatch after 7–10 days.

Head lice can only be spread from one person to another by direct head-to-head contact. Head lice do not live or breed on animals, bedding, furniture, carpets, clothes or soft toys. They cannot spread by sharing hats.

- Children do not have to be sent home immediately from the centre if head lice are detected.
- If head lice are detected the child may return to the centre as soon as effective treatment has started and there are no more live lice detected.

Responsibility of Educators:

- Reduce head-to-head contact between children when the education and care service is aware that someone has head lice.
- Keep families informed if there is someone in the education and care service with head lice.
- Support parents and children who have head lice by providing factual information, reducing parental anxiety and not singling out individual children with head lice

Treatment

1. Adult lice are difficult to see; look for eggs by shining a strong light on the hair near the scalp, or using the conditioner and combing technique:
2. Untangle dry hair with an ordinary comb.
3. Apply hair conditioner to dry hair (white conditioner makes it easier to see the eggs). Use enough conditioner to cover the whole scalp and all the hair from roots to tips.
4. Use an ordinary comb to evenly distribute the conditioner and divide the hair into four or more sections using hair clips.
5. Starting with a section at the back of the head, place the teeth of a head lice comb flat against the scalp. Comb the hair from the roots through to the tips.
6. Wipe the comb clean on a tissue after each stroke and check for head lice or eggs on the tissue.
7. Comb each section twice until you have combed the whole head. If the comb becomes clogged, use an old toothbrush, dental floss or a safety pin to remove the head lice or eggs. The conditioner and combing technique is also an effective head lice treatment. Keep combing the whole head until all the conditioner is gone. Repeat the process daily until no lice or eggs have been found for 10 days.



Sources

National Quality Standards 2018

2.1 Health

2.1.2 Health practices and procedures

2.1.3 Healthy lifestyles

Staying Healthy in Child Care – 5th Edition

1.3.1 Effective Hand Washing

3.1 Personal Hygiene

Education and Care Services National Law Act 2010

167 Offence relating to protection of children from harm and hazards

Review

The policy will be reviewed annually. Review will be conducted by management, employees, parents and any interested parties.

Reviewed By: Alex Jury **Date:** 18th July 2018

Reviewed By: Alex Jury **Date:** 20th February 2019

Approved By: Kelly Williams

Date for Next Review: 20th February 2020