



## Healthy Living

### The EYFS says:

3.54 Providers must ensure that their premises, including overall floor space and outdoor spaces, are fit for purpose and suitable for the age of children cared for and the activities provided on the premises. Providers must comply with requirements of health and safety legislation (including fire safety and hygiene requirements)

3.58. Providers must provide access to an outdoor play area or, if that is not possible, ensure that outdoor activities are planned and taken on a daily basis (unless circumstances make this inappropriate, for example unsafe weather conditions). Providers must follow their legal responsibilities under the Equality Act 2010 (for example, the provisions on reasonable adjustments).

### I ask parents to:

- Check their child's hair regularly and inform us if you find your child has lice, please tie up long hair.
- Provide nappies, creams, wipes, nappy bags, sun cream, sun hat, waterproof coat, wellies, spare clothes and toothbrush and toothpaste, where necessary.
- Speak to me if you think your child is ready for toilet training, toilet training should be started at home. If you are having some success I will be happy to continue.

### I will:

- Use the 'safer foods better business' pack for childminders pack to maintain a healthy kitchen. Food hygiene training will be updated frequently and fridge and freezer temperatures will be checked daily.
- Ensure children wash their hands regularly especially before meals, after handling animals, playing outside and using the toilet.
- Teach children how to wash hands correctly and use individually assigned towels
- Not automatically exclude children who have lice so long as treatment has started, we will exclude children if treatment is not been carried out as we have to consider the well-being of all children. Full fees will apply in this instance.
- Support parents in helping to get rid of lice by providing information
- Inform all parents when there is a case of lice but maintain confidentiality
- Ensure any play equipment (such as hats) are cleaned regularly to prevent the spread of lice
- Change children's nappies regularly and when needed.

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- Clean changing mats in between uses, children who have their own mats in their bags will have these used.
- Encourage children to blow their own noses and dispose of tissues in a bin, children will be encouraged to cover their mouths when coughing.
- Have equipment within the setting to support toilet training, I have books which I am happy to lend.
- Support parents with their decision to begin toilet training and work with parents and discuss any concerns. Every child is different and takes different lengths of time for them to learn. It is important to work together within this process.
- Avoid full sun where possible and stay in shady areas, we will encourage children to drink water regularly to avoid dehydration.
- Go outside in all weathers to ensure children have access to the outside all the time.
- Notify Ofsted and parents should we have any confirmed cases of food poisoning caused by the setting.

Written by Jodie McTear/Sep 2014/Little Cubs Childminding Wotton Under Edge