

# Children’s Health and Hygiene (Including Sun Protection and Sleep and Rest for Children) Policy

## NQS

QA2	2.1.1	Wellbeing and comfort – Each child’s wellbeing and comfort is provided for, including appropriate opportunities to meet each child’s need for sleep, rest and relaxation.
	2.1.2	Health practices and procedures – Effective illness and injury management and hygiene practices are promoted and implemented.
	2.1.3	Healthy lifestyle – Healthy eating and physical activity are promoted and appropriate for each child.

QA4	4.2.2	Professional standards – Professional standards guide practice, interactions and relationships.
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QA5	5.1.2	Dignity and rights of the child – The dignity and rights of every child are maintained.
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QA6	6.1.2	Parent views are respected – The expertise, culture, values and beliefs of families are respected and families share in decision-making about their child’s learning and wellbeing.
	6.1.3	Families are supported – Current information is available to families about the service and relevant community services and resources to support parenting and family wellbeing.

QA7	7.1.1	Service philosophy and purpose – A statement of philosophy guides all aspects of the service’s operations.
	7.1.2	Management systems – Systems are in place to manage risks and enable the effective management and operation of a quality service.

## National Regulations

Regs	77	Health, hygiene and safe food practices
	81	Sleep and rest
	106	Laundry and hygiene facilities
	109	Toile and hygiene facilities
	155	Interactions with children
	157	Access for parents
	162	Health information to be kept in enrolment record
	173	Prescribed information to be displayed

## EYLF

LO1	Children feel safe, secure and supported
	Children develop knowledgeable, confident self-identities and a positive sense of self-worth

LO2	Children respond to diversity with respect
	Children become aware of fairness

LO3	Children become strong in their physical learning and wellbeing
	Children are aware of and develop strategies to support their own mental and physical health and personal safety

LO4	Children transfer and adapt what they have learned from one context to another
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LO5	Children begin to understand how symbols and pattern systems work
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## **Aim**

The aim is to provide a clean and hygienic environment for all the children at Montessori Journey. We also promote children to develop their own good hygienic habits, including hand washing, toileting, sun safe and rest and sleep.

## **Related Documents**

**Educators Supervision Policy**

**Food Safety and Hygiene Policy**

**Medical Conditions Policy and Procedures**

**Toileting Policy**

**Rest-time or Sleep-time Policy**

**Sun Protection Policy**

**Hygiene and Safety Policy**

## **Implementation**

### **Children immunisation requirements**

Children, who are not immunised, will be advised when a vaccine preventable disease is present or suspected in the centre. Children who have not completed their immunisation record will also be treated as un-immunised. If a parent tells you their child was immunised, please notify the office so we can update our records. Please read our health policy for more information.

### **Child immunisation clinics**

Brisbane City Council provides free child Immunisation clinics. These are held at regular intervals at various locations. To check for the most convenient location for you, visit the Brisbane City Council. For information regarding council run immunisation clinics in other Queensland regions, please contact your local council or [community child health clinic](#).

### **Immunisation requirements for eligibility for Child Care Benefits**

To be eligible for Child Care Benefit (CCB) and CCS, children must be up to date with their immunisation. The easiest way to see if your child is immunised is to go to the Medicare office or go online with your child's Medicare number. If you have any questions about the immunisation requirement, contact the Family Assistance Office on 13 61 50 (8am to 5pm, Monday to Friday). Please bring in your child's latest immunisation statement which can be downloaded from myGov or Medicare online. Please advise the educators if your child has had a recent immunisation, in case of discomfort or a reaction. The centre will send out reminders about your child's immunisation in our newsletter.

## **Dental policy**

Accidents to teeth and gums should be followed by a visit to the dentist. The educators are to inform parents when such an accident has occurred and follow their first aid procedure i.e., put the tooth in milk. Parents must be notified straight away, time is critical. The centre has a dental kit called "Happy Children" from the Queensland Government in support of dental issues. Water should be made available to the children after any mealtimes, medications, or inhalers. The centre and educators will systematically incorporate information on hygiene and dental care into the children's learning program each term unless required sooner. The centre will also try and source a dentist to come into the centre and support our program at least once a year.

## **Hand washing for staff and children**

- Pump soap
- Rub in hands
- Turn the tap on
- Wash soap off hands with water
- Rinse the tap down and turn water off
- Use disposable paper towels to dry hands

Regular and thorough hand washing is one of the most effective ways to reduce the spread of many infections. Children must be shown this way as it avoids the germs getting on the tap. Staff to regularly do group lessons in hand washing for the children.

## ***When to wash hands (children)***

- Before eating, after eating. E.g., fruit time
- After going to the toilet
- After touching or wiping nose secretions
- After touching any animals
- Outside play/Sandpit

## ***When to wash hands (staff)***

- Same as the children's and
- After cleaning any bodily fluids e.g., vomit, blood, urine, and faeces
- After toileting a child
- Handling money
- Before administering first aid if possible
- Handling rubbish

## **Toileting procedure**

- Only children who are toilet trained will be accepted into our centre unless it is a medical condition.
- We will try and accommodate families with the different toileting preferences, cultural and physical needs.
- Toileting will be made pleasant, hygienic and accommodates personal needs, e.g., in private with educator's close by.
- Educators will assist the child to help themselves in toileting procedures.
- Educators will supervise toileting procedures.
- Educators will model hygienic practices in front of the children e.g., blowing your own nose and correctly washing your hands.
- Educators will be patient with "accidents" and treat them as part of everyday life without shaming the child at all.

Children will be offered frequent opportunities for toileting, particularly after mealtimes and before sleep. Under no circumstances will children be forced to sit on the toilet against their will. If educators must assist a child with cleaning themselves, they will do it very gently. Children will be changed and washed down when necessary (e.g., after toileting accidents, water play). The wet and soiled clothes will be rinsed and bagged and put in the sealed container in the children's bathroom of each room. Some children have toileting preferences that the parents have told us about, e.g., not wanting to go to the toilet when other children are in there. Please show the children dignity and follow through with parent requests.

Educators' compliance will be monitored by the management, other educators and visitors, no other persons are to toilet the children unless it is the parent of that child. Please always follow our procedures.

### **Washing machine and laundry facilities**

Our centre has a laundry room in the Van Gogh room. The laundry room has a safety lock on the top to make sure children don't have the access to it. The washing machine is used to wash spare hats, clothes and sheets for children's use as well as room washing. We use the drying rack to air dry the washing to save the energy.

### **Sun Protection Policy**

We live in a country with a high rate of skin cancer. Two out of three Queenslanders will get some form of skin cancer in their lifetime. Research suggests that at least two thirds of all melanomas occurring in Australia could be prevented if children were protected from the Sun during their first 15 years. Try to limit exposure to the Sun during the heat of the day, including cloudy days. As children will spend a portion of their day outdoors, we will take certain measures to protect them from the harmful effects of the Sun's rays. Educators will set up most outdoor activities in the shaded area and will make sure all children are in full shirts, no singlets. Opportune moments will be used to teach children why we need to protect our skin. Educators and parents should follow sun protection guidelines and act as role models for the children.

- **SunSmart app** – The centre uses the SunSmart app from Qld Cancer Council in the afternoon before we apply sunscreen on your child. The app tells us if we need to put sunscreen on for that day and time. We just read the UV levels. If we do need to put sunscreen on your child, we follow the below procedure.
- **Sunscreen** – The centre supplies an ultra-protection SPF 30+ 4-hour water-resistant sunscreen. Please apply sunscreen on your child before leaving home in the morning. We will reapply it on your child 15 to 20 minutes before going outside in the afternoon. We understand that some parents may prefer that their children do not use sunscreen due to the unknown risk involved with putting chemicals on the skin. Please advise the office or put it into your enrolment form your preference in this matter, otherwise sunscreen will be applied to all children.
- **Hats** – Hats should stay on firmly, offer protection to the face, ears, and neck – legionnaire type hats and hats with brims of 8-10 cm are the best for providing shade, when choosing a hat, it is best to choose one that does not have a cord or toggle for safety reason. Caps are not suitable. Children without hats will stay in the shade. Please name your child's hat.
- **Clothing** – Some fabrics offer better protection from the Sun than others. Further information about protective clothing and sunglasses are available through the Queensland Cancer Sun Smart Shops. The Queensland Cancer Council recommends clothing with the following features:
  - darker coloured clothing
  - shirts with collars and sleeves
  - closely woven fabrics
  - natural fibres
  - longer style shorts and skirts

**Our centre is a recognised Sun Smart Centre with the Queensland Cancer Association**

## **Rest-time or sleep-time policy**

The Office of Early Childhood Education and Care states that all children must have access to a rest when required. Parents/guardians please advise Educators of your child's rest periods at home. Staff members will make the rest period as comfortable and soothing for the children as possible, soft music, stories or the children will use quiet voices to support the other children that want to sleep. Some children may be gently rubbed or stroked to help them relax.

- Allowing children to bring a named pillow from home or provide them with a toy to cuddle will assist in this process. All comfort toys supplied by the centre are regularly washed.
- All children will be offered the toilet, hands and face washed before rest time and shoes are removed.
- Fitted sheets are used on mattresses, they must come in either a named cloth bag or pillowcase to keep each sheet from touching another child's sheet. This will be sent home on your child's last day of the week for laundering. Soiled sheets will be rinsed, bagged, and sent home. All beds are spaced to ensure adequate means of access.
- All children are supervised during the rest period. Educators will closely monitor sleeping and resting children. This involves checking sleeping children at regular intervals, and ensuring they are always within sight and hearing distance. Factors to be considered include the age of the child, medical conditions, individual needs, and history of health and/or sleep issues.
- Mattresses are cleaned and disinfected once a week unless an accident has occurred (e.g., wee, vomit etc.)
- Children are not allowed to eat or drink on the mattress.
- Children who do not sleep will be offered quiet activities.

## **Sources**

**National Quality Standard**

**Education and Care Services National Regulations (Queensland)**

**Early Years Learning Framework**

**ACECQA**

**Queensland Health**

**Happy Teeth Happy Children**

**Queensland Government Early Childhood Education and Care**

**Queensland Cancer Association and Queensland Health**

## **Review**

This policy will be reviewed annually by:

- Director
- Employees
- Families
- Interested Parties

**Last reviewed: October 2023**

**Date for next review: November 2024**