

031: Sickness & Illness Policy

At Bright Beginnings Childcare Centre, we promote the good health of all children attending including oral health by:

- Asking parents to keep children at home if they are unwell. If a child is unwell, it is in their best interest to be in a home environment rather than at nursery with their peers
- Asking staff and other visitors not to attend the setting if they are unwell
- Helping children to keep healthy by providing balanced and nutritious snacks, meals and drinks
- Minimising infection through our rigorous cleaning and hand washing processes
- Ensuring children have regular access to the outdoors and having good ventilation inside
- Sharing information with parents about the importance of the vaccination programme for young children to help protect them and the wider society from communicable diseases
- Sharing information from the Department of Health that all children aged 6 months – 5 years should take a daily vitamin (Food and Nutrition Policy)

Having areas for rest and sleep, where required and sharing information about the importance of sleep and how many hours young children should be having. (See Sleep and Rest Policy)

Our procedures

In order to take appropriate action of children who become ill and to minimise the spread of infection we implement the following procedures:

- If a child becomes ill during the nursery day, staff will do their utmost to ensure his/her needs are met. If a child's condition deteriorates, parents will be called to collect their child. We will follow these procedures to ensure the welfare of all children within the Centre:
- we contact their parent(s) and ask them to pick up their child as soon as possible. During this time, we care for the child in a quiet, calm area with their key person (wearing PPE), if appropriate.

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- We follow the guidance published by UK Health Security Agency for managing specific infectious diseases¹ and advice from our local health protection unit on exclusion times for specific illnesses, e.g. sickness and diarrhoea, measles and chicken pox, to protect other children in the Centre
- Should a child have an infectious disease, such as sickness and diarrhoea, they must not return to Centre until they have been clear for at least 48 hours
- We inform all parents if there is a contagious infection identified in the Centre, to enable them to spot the early signs of this illness. We thoroughly clean and sterilise all equipment and resources that may have come into contact with a contagious child to reduce the spread of infection
- We have the right to refuse admission to a child who is unwell and requiring 1-1 care.
- We send information about head as and when there is a case and parents are requested to regularly check their children's hair. If a parent finds that their child has head lice, we would be grateful if they could inform the Centre so that other parents can be alerted to check and treat their child's hair.
- If a child becomes ill during the course of the Centre day, they will be cared for by familiar staff in a quiet and calm manner. Centre staff place the utmost priority on the health and wellbeing of a child and expect parents to be supportive of this. Should the child's condition deteriorate the child's parent(s) will be contacted and asked to pick their child up as soon as possible. Times of calls to parents will be recorded and responses monitored by staff.
- Parents have a duty to inform and ensure staff remain up to date with a child's medical and health needs occurring outside of the normal pattern of attendance. This includes sharing information regarding the administration of medication, prescribed or otherwise, any admittance to hospital or receipt of emergency treatment and any illness or medical ailments.
- If a child feels hot to touch or seems unwell, we will take the child's temperature. Practitioners will use the **Braun thermoscan** ear thermometer to take a reading of the child's temperature. A normal temperature in babies and children is about 36.4C, but this can vary slightly from

¹ <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/managing-specific-infectious-diseases-a-to-z>

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child to child. A high temperature is 38C or more. If a child has a temperature of 38C or more the child's parents will be contacted to discuss administration of paediatric paracetamol. If the child's temperature continues to rise after the administration of paediatric paracetamol and after staff have exhausted other methods of cooling, i.e. removing clothes down to nappy or underwear (being sensitive to cultural needs), cooling with face cloths and offering fluids, parents will be called to collect their child as soon as possible. Again calls to parents and responses will be monitored by staff and recorded.

- If a contagious infection is identified in the Centre, parents will be informed to enable them to spot the early signs of this illness. All equipment and resources that may have come into contact with a contagious child will be cleaned and sterilised thoroughly to reduce the spread of infection
- It is vital that we follow the advice given to us by Public Health England and exclude specific contagious conditions, e.g. sickness and diarrhoea and chicken pox to protect other children in the Centre and stem the spread of infection. An exclusion checklist booklet is available at the main reception area.
- Staff are able to administer *prescribed* medicines that are clearly labelled and in date to children. Parents are expected to complete a medicine form and staff will record dosage and times of administration throughout the day. A child requiring a course of antibiotics may benefit from a rest period at home, this is at the parents' discretion when considering the needs of their child.
- Staff are unable to offer one to one care and attention to a very sick or ill child as ratios must be adhered to throughout the day. The Centre, therefore, has the right to refuse admission to a child who is deemed too unwell to attend. This decision will be taken by one of the Centre managers on duty and is non-negotiable.
- Head lice; if a parent finds that their child has head lice we would be grateful if they could inform the Centre who can alert other parents so they can check their child's hair. The child's identity will be protected. We ask that parents treat the head lice to prevent spreading from child to child.

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Transporting children to hospital procedure

- If the sickness is severe or a child's condition deteriorates rapidly, staff will call for an ambulance immediately. A member of the management team must be informed
- Parents will be informed to enable them to meet at their child at the hospital; a member of the management team must be informed of the issue.
- A familiar member of staff must accompany the child and take with them the Child's Personal Details form, relevant medication sheets, any medication and the child's comforter. This staff member will remain with the child until a parent or carer arrives to take over
- The Centre has a hospital bag containing essential items that can be taken to hospital with the child.

This policy is supported by the Centre Medication policy.

This Policy was reviewed on	January 2025
Signed on behalf of the Centre	Angela Hynes