

HEALTH AND HYGIENE POLICY AND PRACTICE

Our Nursery promotes a healthy lifestyle and a high standard of hygiene in its day to day work with children and adults and have obtained a Healthy Eating Award (see certificate on the parents notice board).

HEALTH

Food

- All meals and snacks provided shall be nutritious and pay due attention to children's dietary requirements
- When cooking with children as an activity, the adults will provide healthy, wholesome food, promoting and extending the children's understanding of a healthy diet.

Outdoor Play

- Children will have the opportunity to play in the fresh air throughout the year in the Nursery playground at least twice a day or whenever they choose too – (free flow)

HYGIENE

To prevent the spread of all infection, adults in the group will ensure that the following good practices are observed: -

Personal Hygiene

- Hands washed after using the toilet (adults and children)
- Hands to be washed before snack times and dinner time (adults and children)
- Children with pierced ears are not allowed to share each other's earrings
- A large box of tissues is available, and children encouraged to blow and wipe their noses when necessary. Soiled tissues disposed of hygienically
- Children encouraged to shield their mouths when coughing
- Individual wipes are available and paper towels and are disposed of properly
- Hygiene rules related to bodily fluids followed with particular care and all staff and volunteers aware of how infections, including HIV infection can be transmitted
- Staff will always wear disposable gloves and aprons when dealing with any wounds, nose bleeds, nappy changing etc.
- Nappies are disposed of appropriately in yellow bags in appropriate sanitary bin. Twice a day these bins are emptied into a sanitary skip outside the nursery.
- Pink aprons are worn by staff when dealing with food i.e. snack times, lunchtimes, cooking etc.
- Blue aprons are worn by staff for messy play i.e. paint, gloop, shaving foam etc.

Cleaning and Clearing

- Any spills of blood, vomit or excrement wiped up and put in yellow bags (for these purposes only). Disposable gloves always used when cleaning up spills of fluids. Floors and other affected surfaces to be disinfected. Fabrics contaminated with body fluids thoroughly washed in hot water
- Spare laundered pants and other clothing, available in case of accidents and polythene bags available in which to wrap soiled garments

- Any underwear that are heavily soiled will be thrown away.
- All surfaces are cleaned several times each day with sanitiser
- All children's toys and equipment will be cleaned with a sterilising solution regularly, this is recorded on a cleaning checklist.
- Separate coloured cleaning cloths used in the care rooms for wiping away food at mealtimes, for art, for change mats.