



Regent House Preschool

Health and Hygiene Policy

The health and welfare of all children and staff is paramount. We believe that it is essential to maintain a healthy and hygienic area where children can play in safety.

We hope to achieve this by the following means:

1. The Preschool operates a non-smoking policy and a 'Nut-Free' zone.
2. Children will be encouraged to wash their hands after going to the toilet and after messy play. They will also be required to wash their hands before eating.
3. No child will be left alone while eating.
4. Tables used for snack/lunch will be cleaned and disinfected.
5. All equipment used in the preparation of food will be kept clean and sterilised on a regular basis.
6. Children will be encouraged to help in the preparation and distribution of the snacks where appropriate.
7. Each child will receive milk or water to drink.
8. A variety of nutritious snacks will be provided.
9. Any special dietary needs will be met.
10. Children will be encouraged to develop good eating habits in line with the Healthy Eating Policy.
11. Members from the Health Care Agencies will be invited to the group to interact with the children.
12. Inhalers will be only administered to a child when written permission has been given by Parents/Carers.
13. Parents/Carers will be asked to provide inhalers for their own child and to indicate the correct dosage.
14. Parents/Carers will be required to record any medicines their child may have had before coming to Preschool.
15. A child who has been ill should not come to the group for at least 24 hours after the illness has ceased. In cases of diarrhoea and/or vomiting, the exclusion period should last until the child has been free of symptoms of diarrhoea and/or vomiting for **at least 48 hours** and has had at least one normal motion.
16. Please see the Infection, Prevention and Control Policy for more information and guidance.
17. Any child who is obviously unwell will be sent home at the discretion of the Preschool Manager or RHS Matron.
18. A child's temperature may be checked using a digital thermometer.
19. Staff will receive appropriate First Aid Training and ensure it is within date.
20. At least 50% of the Preschool staff will have current Paediatric First Aid Training.

Monitoring and evaluation

This policy will be reviewed and monitored in line with the Preschool's policy review schedule.

Reviewed:
14/05/23

Approved by BOG:
21/09/23