



## **Health and Safety**

### **Illness Guidelines:**

The staff would like to provide a healthy, pleasant atmosphere for all children who enter Stay & Play. In order to protect your children and other children, we follow the State of New Hampshire's guidelines. Please keep your child home if s/he has:

- Oral temperature of over 100.5.
- Conjunctivitis. An eye infection referred as "pink eye".
- Croup, bronchitis, or constant cough.
- Diarrhea and/or vomiting.
- Rashes that have not been diagnosed by a physician.
- Severe cold with temperature elevation, sneezing, and nose drainage.
- Continuous nose drainage that is other than clear.
- Any contagious diseases such as measles, chicken pox, or roseola.
- If a physician diagnoses an ear or throat infection and places the child on antibiotic, the child must be kept home for 24 hours after treatment started.
- Any symptoms that prohibit the child's participation in regular child care activities, such as extreme fatigue or lethargy.

Children must be free of fever (without medication), diarrhea, and/or not have vomited for 24 hours before returning to Stay & Play.

Please understand that when a child exhibits symptoms of illness, staff will contact parents and have the child picked up. Children attending Stay & Play are expected to participate in daily activities. We are not able to honor requests to keep mildly ill children inside.

When a reportable communicable disease has been diagnosed among child care staff or children, the staff will notify parents within 24 hours and will display, on the parent information bulletin board, a notice which includes the name of the disease and common symptoms.

According to the National Center for Disease Control one of the best ways to keep children healthy is proper hand washing. Children and staff will wash their hands thoroughly with soap and running water before and after eating, after changing diapers or toileting, after wiping a nose, sneezing or coughing in hands. We would appreciate it if you encourage your child to do the same at home.

### **Medications:**

Trained staff will dispense both prescription and non prescription medications ONLY with written authorization from a licensed health care provider and the child's legal guardian. All medications must be brought in original container with current date, child's name, physician's name and instructions for administration, clearly stated on label.

Please do not give medications to your child that they are to administer themselves, such as cough drops, salves, etc. Also make sure diaper bags and backpacks are free of all such items.

Bug spray and sunscreen can be provided in original container clearly labeled with child's name. Staff will apply before going outside.

### **Immunization Records and Health Forms:**

The State of New Hampshire requires yearly physical exams and updated immunization records. Health forms are valid one year from date of last exam. Parents are required to provide these forms upon registration and when any immunizations or exams occur. You will be notified when you need to update these forms during the year. Failure to complete these forms may result in termination from the program. Certificate of Exemptions are available if you have chosen to not follow state guidelines regarding yearly exams and scheduled immunizations.

### **Injuries:**

Occasional minor injuries, such as bumps and scratches are to be expected in the course of normal child development, and will be treated with basic first aid procedures by trained staff.

In the case of major injury, an assessment is made by trained supervisory staff and the decision to call an Emergency Medical Team (EMT) will be made. Whether or not an EMT is called, the parent will be contacted immediately.

### **Promoting Healthy Eating:**

Stay & Play Early Learning Center values health and nutrition as part of our program. We promote nutritious foods and appropriate serving sizes throughout the day. Teaching children about healthy eating at this age strengthens good habits for the future.

Stay & Play provides morning and afternoon snack. Parents are also welcome to participate in snack share. During snack time children are encouraged to serve themselves, promoting self help skills and understanding of a serving size. Teachers remind children of about how much is a serving and allow children to take less or none. If there is extra of fruit or vegetables children may have a second serving. Snacks consist of a fresh or dried fruit or vegetable along with a grain or protein.

Water is available throughout the day in child owned water bottles and again served at all mealtimes. Parents may supply milk for their child's lunch. Juice is limited to special occasions only.

Children bring their lunches from home in labeled containers. The kitchen has a microwave oven and can heat an individual child's food when needed. Please note that finger food packed for children should be prepared in ways that allow children to eat them "as is". For example, if you have packed grapes for your toddler, they must be cut up into quarters. Items which can cause a choking hazard to children younger than 3 years include but are not limited to spoonfuls of peanut butter, whole or rounds of hotdogs, whole grapes, hard candy, raw carrots, peas or celery, chips or hard pretzels and marshmallows.. To develop good eating habits, we ask that if dessert is provided, it make a nutritive contribution to the meal. Fresh or dried fruit, fruit cocktail and yogurt are recommended. Desserts low in food value are saved to the end of lunch. We maintain a firm NO CANDY policy. A friendly reminder: Fruit "bars" or "chews" are sometimes similar to candy in terms of sugar content. We do not promote foods that are high in sugar, salt and fat and low in nutrients (chips, store-bought cookies and granola bars, prepackaged desserts). These items will be saved for once all other lunch items are eaten. The children may also participate in meal preparations or baking for special events to which families are invited. You will be notified if a packed lunch is not necessary. Please inform the teachers and Director of any food allergies. These will be posted, with your permission, in the kitchen to ensure health and safety precautions.

We are happy to help plan nutritious lunches tailored to your child's preferences. Ideas for good lunchbox foods are also available.

**Appropriate Clothing:**

Please bring your child prepared for outdoor play. Open toed shoes are not permitted. Even if we are not intending to go outside, appropriate gear needs to be provided in case of emergency. All articles of clothing, outerwear and shoes should be labeled. Children must wear shoes inside.

Activities and bathroom accidents necessitate that at least one extra set of clothing be stored in our bathroom. If you need assistance with obtaining clothing, please speak with Laura.

**Toileting/Diapers:**

Please provide an appropriate number of disposable diapers for your child's day. Stay & Play offers individual diaper storage for each family if providing a package is easiest. At least every three hours staff will check children in diapers.

Toilet training will be individualized and conducted with a plan developed by the child's parents and staff, taking into consideration the child's interest and development. Toilet training will not be forced at Stay & Play. Please do not bring children in pull-ups. Training pants and underwear work best for toilet training success.

Children who can use the bathroom on their own are encouraged to use the bathroom after snacks and lunch and before going outside. They may use the bathroom at any time in between.

**Rest:**

Full day children are required to have quiet time after lunch. Children are given a quiet and peaceful environment to fall asleep in. Children are allowed to fall asleep and wake at their own pace. If a child has not fallen asleep after 30 minutes, they are invited to do quiet activities in the classroom. Please let staff know if you have any concerns regarding rest time.

Please bring in a small sheet to cover nap mats and a warm blanket for rest time. Items will be sent home at the end of each week to be washed. We welcome children to have items that will comfort them during rest time, including a small pillow, 1 stuffed animal, and/or a familiar blanket. Please remember to label all items.

**Items from Home:**

We understand that children enjoy sharing. Staff will plan special activities allowing children to share their personal items from home. We welcome books, which will be held by the teacher, to share at circle time or in a small group.

We also understand how children are upset when toys are lost or broken. For this reason, we ask that personal toys be left at home. Any items brought in to the center will be held until the child is picked up.