

Promoting health and hygiene including: Animals, Smoking, Food and Nappy changing

Animals in the setting

Children learn about the natural world as part of the Early Years Foundation Stage curriculum. This may include contact with animals, or other living creatures, either in the setting or in visits. We aim to ensure that this is in accordance with sensible hygiene and safety controls.

- If animals or creatures are brought in by visitors to show the children they are the responsibility of the owner.
- The owner carries out a risk assessment, detailing how the animal or creature is to be handled and how any safety or hygiene issues will be addressed.

Visits to farms (always accompanied by parent/carer)

- Before a visit to a farm a risk assessment is carried out - this may take account of safety factors listed in the farm's own risk assessment which should be viewed. A copy of this is given to all parents/carers attending.
- Children wash their hands after contact with animals.

No-smoking

We comply with health and safety regulations and the Welfare Requirements of the EYFS in making our setting a no-smoking environment - both indoor and outdoor.

- All staff, parents and volunteers are made aware of our no-smoking policy.
- Staff who smoke do not do so during working hours. Unless on a break and off the premises.
- Staff who smoke during their break make every effort to reduce the effect of the odour and lingering effects of passive smoking for children and colleagues.

Food and drink

This setting regards lunch times as an important part of the setting's day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Parents provide their own snacks and lunches which meet the children's individual dietary needs. We give advice and government guidelines as part of our induction pack to parents.

We also use displays and planning to promote healthy eating.

We follow these procedures to promote healthy eating in our setting.

- Before a child attends the setting, we talk to parents about their children's dietary needs and preferences, including any allergies. This information is recorded on the registration form and signed by parents.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully aware of them.
- It is a parent's responsibility to inform us of any changes.
- During planned activities we include foods from the diet of each of the children's cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- Through discussion with parents we obtain information about the dietary requirements of different groups to which children and their parents belong, and of vegetarians, vegans, and food allergies in order to provide food accordingly.
- We require staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.
- We organise lunch and snack times so that they are social occasions in which children and staff participate.
- We use lunch and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We have fresh drinking water constantly available for the children.
- In order to protect children with food allergies, we discourage children from sharing and swapping their food with one another.
- For children who drink milk, we provide semi-skimmed milk.

Snacks and Packed lunches

The parents of children who are required to bring snacks and packed lunches into playgroup are:

- informed of our policy on healthy eating:

- encouraged to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or crème fraîche. We discourage sweet drinks and can provide children with water if necessary;
- discouraged from including crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits. We reserve the right to return this food to the parent as a last resort;
- advised they must include own cutlery;
- assure them staff sit with children to eat their lunch so that the mealtime is a social occasion.
- We are unable to refrigerate lunchboxes so parents are asked to take this into account.

Nappy changing

No child is excluded from participating in our setting who may, for any reason, not yet be toilet trained and who may still be wearing nappies or equivalent. We work with parents towards toilet training, unless there are medical or other developmental reasons why this may not be appropriate at the time.

We make reasonable adjustments to our bathroom provision and hygiene practice in order to accommodate children who are not yet toilet trained.

We see toilet training as a self-care skill that children have the opportunity to learn with the full support and non-judgemental concern of adults.

- Changing areas are warm and there are safe areas to lay young children if they need to have their bottoms cleaned.
- Each young child will need to bring a bag containing their nappies or 'pull ups' and changing wipes, clearly labelled by the parents/carer.
- Gloves are put on before changing starts and the areas are always cleaned before and after.
- All staff are aware of the hygiene procedures and carry these out when changing nappies.
- In addition, all staff ensure that nappy changing is relaxed and a time to promote independence in young children.
- Young children are encouraged to take an interest in using the toilet

