

**Health and Hygiene**

**Nappy Changing**

**Policy Statement**

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 provide nappy changing facilities and exercise good hygiene practises 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.

**Procedures**

* All staff undertake the changing of young children
* Changing areas are warm with safe areas to lay young children if they need to have their bottoms cleaned
* Parents are expected to provide nappies, wipes, nappy bags and a change of clothes
* Gloves are put on before changing starts and the area is prepared
* All staff are familiar with hygiene procedures and adheres to these when changing nappies
* In addition, staff ensure that nappy changing is relaxed and a time to promote independence in young children
* Soiled clothes and /or nappies are bagged for the parents to take home. Disposal of soiled nappy is the responsibility of the parent and should be offsite
* All children have open access to the toilet when they need to and are encouraged to be independent.
* Young children are encouraged to take an interest in the using the toilet; they may just want to sit on it and talk to a friend who is using the toilet
* Anti-bacterial hand wash liquid or soap should not be used for young children; young skin is quite delicate and anti-bacterial products kill off certain good bacteria that children need to develop their own natural resistance to infection
* Staff are gentle when changing; they avoid pulling faces and making negative comments about ‘nappy contents’
* Staff do not make inappropriate comments about the children when changing their nappies
* We have a ‘duty of care’ towards children’s personal needs. If children are left in wet or soiled nappies or clothes in the setting this may constitute neglect and will be a disciplinary matter

**Food and Drink**

**Policy Statement**

Jack & Jill Pre-school promotes healthy eating and regards snack and meal times as an important part of the daily routine. Eating represents a social time for children and adults and helps children to learn about healthy eating. We aim to provide children with nutritious snacks which take into account individual children’s dietary needs.

**Procedures**

We follow these procedures to promote healthy eating our setting.

* Before a child starts to attend the setting, we ask parents to detail their child’s dietary needs, including any allergies
* We record information about each child’s dietary needs in their registration form and parents are asked to check and sign the letter as accurate
* The onus is on each parent to ensure that our records of their child’s dietary needs – including any allergies - are kept up to date
* We display current information about individual children’s dietary needs so that all staff and volunteers are fully informed about them
* We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs and preferences as well as their parent’s wishes
* We take care not to provide food containing nuts or nut products and are especially vigilant where we have a child with a known allergy to nuts
* Through discussion with parents and research reading by staff, we obtain information about the dietary rules of the religious groups to which children and their parents belong, and of vegetarians and vegans, as well as about food allergies. We take account of this information in the provisions of food and drinks
* 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 the child feel singled out because of her/his diet or allergy
* We organise meal and snack times so that they are social occasions in which children and staff participate
* We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves
* We provide children with utensils that are appropriate for ages and stages of development and that take account of the eating practices in their cultures
* We have fresh drinking water constantly available for the children. We inform the children about how to obtain the water and that they can ask for water at any time
* 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 whole pasteurised milk
* We will Notify Ofsted within 14 days of any food poisoning affecting two or more children looked after on the premises.

**Packed Lunch and Lunch Club**

* We encourage parents to provide sandwiches with a healthy filling, fruit, and milk based deserts such as yoghurt or fromage frais
* We discourage packed lunch contents that consist largely of crisps, processed foods, sweet drinks and sweet products such as cakes or biscuits
* We ensure that staff are seated with the children to eat their lunch so that the meal time is a social occasion.

**Further guidance**

* Safer Food, Better Business (Food Standards Agency 2011)

**Other useful Pre-School Learning Alliance publications**

* Nutritional Guidance for the Under Fives (Ed.2010)
* The Essential Early Years Cookbook (2009)
* Healthy and Active Lifestyles of the Early Years (2012)

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| This Policy was adopted on (date) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Signed By\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Date to be reviewed\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |