31. CHILDREN'S HEALTH & HYGIENE

Policy statement

ASK is a suitable, clean, and safe place for children to be cared for, where they can grow and learn. We meet all statutory requirements for promoting health and hygiene and fulfil the criteria for meeting the relevant Early Years Foundation Stage Safeguarding and Welfare requirements.

We promote health through:

- ensuring emergency and first aid treatment is given where necessary;
- ensuring that medicine necessary to maintain health is given correctly and in accordance with legal requirements;
- identifying allergies and preventing contact with the allergenic substance;
- having ongoing discussions with parents/carers to develop allergy action plans for managing individual children's known allergies and intolerances;
- ensuring that all staff are aware of the symptoms and treatments for allergies and anaphylaxis and that children can develop these at any time;
- ensuring that all staff know the difference between allergies and intolerances;
- identifying food ingredients that contain recognised allergens and displaying this information for parents;
- identifying and promoting health through taking necessary steps to prevent the spread of infection and taking appropriate action when children are ill;
- ensuring that food prepared is in line with the child's individual developmental needs;
- ensuring that food is prepared for children in a way that prevents choking;
- ensuring that young children are sat safely on suitable low sized chair when eating;
- ensuring that children are always in sight and hearing of a staff member, who is a paediatric first aider, whilst eating, and the staff member is sat facing the children;
- recording all choking incidents that requires intervention;
- promoting healthy lifestyle choices through diet and exercise;
- supporting parents right to choose complementary therapies;
- recognising the benefits of baby and child massage, by parents or staff carrying out massage under conditions that maintain the personal safety of children; and

- pandemic flu planning or illness outbreak management as per DfE and World Health Organisation (WHO) guidance.

Legal references

Medicines Act (1968)

Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR)

Control of Substances Hazardous to Health (COSHH) Regulations (2002)

Health and Safety (First Aid) Regulations 1981

Food Information Regulations 2014

Early Years Foundation Stage 2025

This policy was adopted by:	ASK Kindergarten & Clubs
On:	May 08, 2026
Date to be reviewed:	May 08, 2027
Signatory:	Mark Stewart
Role of Signatory:	Owner & Ofsted Registered Provider