



**St Bede's Childcare Ltd**  
**Health and Wellbeing Policy**

**EYFS Legal Requirement:**

Providers must promote the good health, including oral health, of children and take necessary steps to prevent the spread of infection. (EYFS 2024, 3.51)

**Policy Statement**

St Bede's Childcare is committed to promoting the **health, safety, and wellbeing** of all children and staff. We provide a safe, clean, and nurturing environment where children's physical, emotional, and mental wellbeing is supported.

This policy works alongside our **Safeguarding and Child Protection Policy, Food and Nutrition Policy, and Medication Policy.**

**Aims**

We aim to:

- Promote children's physical and emotional wellbeing
- Prevent the spread of illness and infection
- Ensure safe administration of medication
- Support children's individual health needs
- Promote healthy lifestyles, including oral health

**Promoting Children's Wellbeing**

We support children's wellbeing by:

- Providing a **safe, secure, and nurturing environment**
- Supporting children's emotional development and relationships
- Encouraging **physical activity and outdoor play daily**
- Providing opportunities for rest and sleep
- Promoting independence and self-care

**Oral Health**

We will:

- Promote good oral health through daily routines and discussions
- Encourage healthy eating and limiting sugary foods
- Work with parents to support dental hygiene practices



- Provide information about accessing dental services

## **Infection Control and Hygiene**

We will:

- Promote regular **handwashing** for staff and children
- Maintain high standards of cleaning and hygiene
- Follow procedures to prevent the spread of illness
- Ensure safe disposal of waste

## **Illness and Exclusion**

- Children who are unwell should not attend the setting
- We follow **NHS/Public Health guidance** on exclusion periods
- Parents/carers will be contacted if a child becomes unwell
- Children must be collected promptly if they are too ill to remain
- Children displaying a temperature of 38 degrees (100.4F) should remain at home until the fever has resolved and they feel better to prevent spreading potential infections. A child should only return once they are fever-free without the use of fever-reducing medication.

## **Medication**

- Medication will only be administered with **written parental consent**
- A record will be kept of all medication administered
- Medication must:
  - Be clearly labelled
  - Be in date
  - Be prescribed or appropriate for the child
- Staff administering medication will be trained and authorised
- Emergency medication (e.g. inhalers, EpiPens) will be:
  - Easily accessible
  - Stored safely
  - Accompanied by a care plan



## **Children with Medical Needs**

We will:

- Work with parents/carers to understand individual health needs
- Develop **individual healthcare plans** where required
- Carry out risk assessments
- Liaise with health professionals where appropriate

## **First Aid**

- A qualified paediatric first aider will be available at all times
- First aid equipment will be accessible and maintained
- All accidents and injuries will be recorded and shared with parents

## **Safeguarding**

- Concerns about a child's health or wellbeing may be a **safeguarding concern**
- All concerns must be reported to the **Designated Safeguarding Lead (DSL)**
- The setting will act in the best interests of the child at all times

## **Staff Wellbeing**

We recognise the importance of staff wellbeing. We will:

- Provide support for staff mental health and wellbeing
- Encourage work-life balance
- Provide access to professional support where needed
- Promote a positive and supportive working environment

## **Working with Parents/Carers**

We will:

- Share information about children's health and wellbeing
- Work in partnership to support children's needs
- Provide guidance and support where required

## **Monitoring and Review**



- The Manager will monitor health and wellbeing practices
- Staff will receive regular training
- This policy will be reviewed annually