

**SAFETY/
HEALTH/
HYGIENE/
NUTRITION**

Safety is a key aspect of providing good environment for children in a child care centre. Adults must be vigilant in their supervision of the children at all times. Good quality child care aims to enhance the physical well-being of children in a safe environment. The centre's programme enables staff to teach children about health and safety practices.

Safety Measures

- All areas accessible to children are free from hazard at all times
- Extension cords used for power supply are inaccessible and do not pose a potential hazard to the children
- Safety procedures are developed and practised (for example, clear labelling of external/oral medication, display of simple warning signs where potentially dangerous products are stored)
- Glass doors are marked with posters, charts and coloured tape to prevent children from running into them
- Staff anticipate and take precautions to prevent safety problems, by removing dangerous objects from the environment
- Staff discuss safety rules and practices with children regularly



Climbing equipment is placed on soft/cushioned surfaces to prevent injury.

- Parents are provided with information on safety practices, such as the safe storage of potentially dangerous products at home

Safety gates can help protect children from hazards.



Supervision of Children

- Children are supervised at all times, even while they are sleeping
- Activity areas are arranged such that children are within the visual range and accessibility of supervising adults
- Provision is made for safe arrival and departure of all children, which also facilitates parent-staff interaction



Arrival and departure are frequently the most important and valued communication times for parents and staff.

Fire/Emergency Precautionary Process

- All staff (including non-programme staff):
 - are familiar with the evacuation routes and practise evacuation procedures monthly with the children; and
 - are aware of all regulations pertaining to safety issues mandated by the Ministry
- Written information on medical, emergency and accident procedures is displayed in relevant places
- Appropriate field trips are organised, together with demonstrations/sharing sessions with the relevant experts



First Aid

- All staff (including non-programme staff):
 - are trained in first aid; and
 - maintain current knowledge of health-related, emergency and first aid procedures
- A guide to first aid and emergency care is accessible to staff



Health and Hygiene Practices

- All staff are trained to observe symptoms of common childhood illnesses and adapt health procedures according to individual needs
- Children's temperature is monitored as part of the routine health screening procedure
- Staff meet regularly to discuss health issues and consult parents on health matters
- Parents are notified immediately when their child is sick/injured in the centre. When needed, medical attention is sought immediately
- The centre conducts regular health screening for children's visual and dental care



A sick bay is available for the unwell child to rest in comfort until the arrival of the parents.



The centre works with health care professionals in the community to ensure that the health needs of children are addressed.

Children's Personal Belongings



Children's personal effects such as toothbrushes, mugs and mattresses/stack cots are maintained individually.



- Regular cleaning of the environment and equipment is necessary to prevent the spread of infection
- Staff and children follow the recommended hand washing procedures to reduce the risk of disease transmission in the centre

How should you wash your hands?

- Wet hands
- Apply soap to hands
- Lather thoroughly all surfaces of hands, between fingers and up to the wrist, as well as the back and front of hands, and tips of fingers and thumbs. Rub hands together for 15 seconds.
- Rinse hands under running water
- Dry hands with disposable paper towel or single-use towel
- Discard used towel in a trash bin lined with a plastic bag
- When assisting a child in handwashing, either hold the child or have the child stand on a safety step at a height that the child's hands can hang freely under running water.



Signs are displayed to remind staff and children of hand washing procedures.

Times to Wash Hands

Staff



- when they arrive at the centre
- before they prepare/serve food or feed a child
- after they change diapers, clean up or wipe the nose of a child
- after contact with blood or other body fluids
- after they have been to the toilet, either with a child or by themselves
- after handling pets, pet cages or other pet objects
- after outdoor activities (e.g. playing with children in the sandpit)
- before applying or giving medication/ointment to self or a child
- before going home

Children

- when they arrive at the centre
- before they eat or drink
- after they use the toilet
- after they come into contact with a child who may be sick
- after having their diapers changed
- after playing on the playground
- after handling pets, pet cages or other pet objects
- before going home



Menu Planning and Serving of Food

- Meals provided are varied, balanced and nutritious. The use of processed food is also minimised
- Children are given opportunities to try different types of food varying in taste, texture and style of cooking
- The centre respects the dietary requirements of different religious/cultural groups and individual child's food allergy



Cultural diversity is considered in menu planning.



Attractive and appealing food can stimulate appetite and interest children in trying different types of food.

- Meals and snacks are served as scheduled but individual needs are accommodated with respect to quantity and timing

Adults interact with children during meals and provide a model of good eating habits for children.



- Meal times are pleasant activities where conversation is encouraged and independence fostered
- The menu is changed periodically to provide variety and is adapted to accommodate festive celebrations

Sharing of Nutritional Information with Parents

- Details of food eaten are provided to parents of infants and toddlers at the end of the day and to parents of older children as appropriate
- Information on nutrition, age appropriate diet and food handling is provided to parents
- The centre is open to parents' suggestions and inputs on menu planning
- Parents' awareness on the importance of nutrition is increased through various activities (for example, songs/skits by children and display of exhibits on food and nutrition)

