

**A CHILD'S WORLD,  
FAMILY CHILD CARE SERVICES OF NIAGARA**



**PARENT  
HEALTH POLICY  
AND  
RESOURCE MANUAL**

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As child care providers, health care professionals and parents we share the common goal and responsibility of keeping children healthy. With this in mind, A Child's World has put together this health policy and resource manual.

This manual is in compliance with the legislation and/ or rules of:

- \*The Child Care and Early Years Act
- \*The Health Protection and Promotion Act
- \*The Niagara Region Public Health Department, Child Care Manual.

Additionally, there are statements that reflect the operating procedures of A Child's World.

We hope you find the information in this manual helpful. The illnesses that are discussed in this policy manual are the most common ones seen in child care centres. Each centre has a copy of the 'Child Care Manual' distributed by Niagara Region Public Health that covers many more illnesses. For more information regarding Communicable Diseases and the spread of infection please see your Site Supervisor.

Please provide information about your child's health when you register. If there is a change in the following, please inform the centre in writing:

- Current home, business or emergency contact numbers
- Medications
- Allergies
- Child's Medical Conditions

Be sure your child is immunized on schedule

- Contact Public Health if you have questions about your child's immunization schedule and to report each time your child is immunized.
- Call 905-688-8248 or 1-888-505-6074 ext. 7425 or report online at [www.niagararegion.ca](http://www.niagararegion.ca)

If your child is not immunized

- In the event of a confirmed case of a vaccine preventable disease the child care centre will follow direction from Niagara Region Public Health. Your child may be required to be temporarily excluded from attending the centre.

It is the parent's responsibility to have alternate child care arrangements when your child is sick. The child care centre cannot provide care for children who are ill.

The Child Care and Early Years Act states that outdoor play must be provided for all children for at least one hour in the morning and one hour in the afternoon each day. In order to comply with this legislation, the children go outside everyday weather permitting. Your child should be kept home until such time as they are well enough to participate in the daily program including outdoor play.

Inform the child care centre if your child has been exposed to and or diagnosed with the following:

- Strep throat
- Fifth disease
- Chicken pox
- Hepatitis A
- Measles/mumps/rubella (German Measles)
- Pertussis (Whooping cough)
- Bacterial Meningitis
- Diarrheal diseases such as Shigella, Campylobacter, Salmonella, Giardia and E. Coli
- Head Lice

Your Site Supervisor will inform you if there are any confirmed cases of a communicable disease in the centre.

Niagara Region Public Health may declare an outbreak of a specific illness if they find the number of cases of illness to be extreme. If an outbreak is declared Niagara Region Public Health will provide further direction.

Many communicable diseases are as contagious before the onset of the symptoms; for this reason parents must keep their child at home whenever they appear to be ill.

If your child becomes ill while in our care, the centre will:

- Isolate your child from the other children when possible.
- Notify you that your child is ill and it is necessary to pick your child up immediately
- Notify other parents in the centre when exposure to a communicable disease has occurred
- Observe exposed children for symptoms

Please inform the child care centre if your child is diagnosed with any of these illnesses or has any of the following symptoms:

### **Chickenpox**

- A child with mild chickenpox can continue to attend child care regardless of the state of their rash, provided they are well enough to take part comfortably in all program activities, including going outside. A child with a high fever or enough spots to be uncomfortable or who is feeling unwell, should be excluded until they feel well enough to participate.

### **Diarrhea and or Vomiting**

- A child can attend child care 24 hours after they no longer have symptoms of diarrhea or vomiting or longer if the centre is in an outbreak situation.

### **Pertussis (Whooping Cough)**

- A child can return to the child care centre 3 weeks after intense coughing begins, or after 5 days of appropriate antibiotic treatment.

### **Pink Eye**

- A child with Pink Eye is to be kept home until seen by a health care provider.
- If bacterial, the child can return to the child care centre after 24 hours of appropriate antibiotic treatment.
- If viral, the child can return with health care provider's approval.
- No need to exclude if there is no eye discharge, unless there is an outbreak.

### **Fever (anything over 100 F /37.77 C)**

- A child must be fever-free, without the use of fever-reducing medicine, for 24 hours before returning to the child care centre. Upon return, the child must be able to participate in all activities, including outdoor play.

### **Fifth disease**

- A child is no longer contagious once the rash appears; therefore they can attend the child care centre as long as they are able to participate in all activities, including outdoor play.

### **Rash**

- A child who develops an unknown rash needs to be assessed by a health care provider who will determine if it is contagious or not. Children with rashes will be excluded from the centre until the rash is gone or there is a doctor's note indicating the rash is not contagious.

### **Strep Throat**

- A child may return to the child care centre after the antibiotic prescribed by a health care provider has been taken for 24 hours, and the child is well enough to take part in all program activities including outdoor play.

### **Hand/Foot and Mouth**

- A child may return to the child care centre when feeling well enough to take part in activities including outdoor play.

## **Impetigo**

- A child can return to the child care centre 24 hours after starting antibiotic treatment.

## **Head Lice**

- A child can return to the child care centre after treatment has been completed and hair is free from lice and nits. Upon return, an Educator will check the child's hair to confirm.

## **Administering Medication**

If it is necessary for the Supervisor or designate to administer medication to your child while in the centre, the following procedure must be followed in order for the medication to be dispensed:

- A daily medication administration authorization form must be completed. If the parent fails to complete this form, the medication will not be administered on that day.
- The medication must be in its original container in which it was received from the Pharmacist.
- The label on the prescription container must clearly state:
  - \* The name of the medication
  - \* Your child's name
  - \* The exact dosage and frequency that the medication is to be administered
  - \* The name of the prescribing physician and the pharmacy name, address and telephone number.

## **All Medications**

- Must be age appropriate and dispensed according to package directions.
- Are to be kept in a locked designated area.
- That may be required for potentially life threatening conditions (e.g. allergies or seizures) can be left at the center even when not actively being used.
- Should be administered at home if possible.
- Will not be administered if expired.
- If pre-mixed (e.g.: with juice or milk), medications will not be administered.

## **Pain Medications**

If your child requires pain medications it can be brought in that day and a daily medication administration form must be completed. Please note: Medication cannot be kept at the centre overnight. A label completed by the Supervisor or designate will be attached to all non-prescription medications in their original container with:

- The name of the medication
- Your child's name
- The exact dosage and frequency that the medication is to be administered
- The expiry date
- Storage instructions