



Health and Well Being Policy

This Health and well being Policy is compiled using government guidelines and Health and Social Care Standards. This policy is intended to reflect the company's commitment to promote healthy living.

Why do we have a health and well being policy?

This policy is for the conformity of care in all the nurseries within the company structure. Good mental, emotional, social and physical wellbeing are key factors in enabling children to meet their full potential. An awareness of the importance to children of physical activity, healthy food choices, looking after their bodies and forming good relationships in maintaining a healthy body and mind are integral to our promotion of health and wellbeing.

Who is the policy for?

This policy is for all staff within the company and for parent's information

Areas to be covered within this policy?

- Nutrition for babies 0-4 months
- Weaning 4-6 months
- Nutrition for children 6months to 5 years
- Allergies / medical requirements
- Religious and Cultural requirements
- Oral Health
- Hygiene
- Baking
- Exercise

Breastfed babies

If a mother provides breast milk for her baby while in our care it is important to be aware of current guidelines on how to store and heat expressed breast milk.

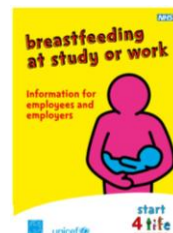
Storing and heating expressed breast milk – transportation and storage

Expressed milk should be;

- Transported in a cooler or with ice packs
- Stored in the main part of the refrigerator – not in the door
- Clearly labelled with the baby's name
- Clearly dated
- Any expressed milk left at the end of a feed should be thrown away.

Heating

To serve expressed breast milk;



- Place the bottle in a bottle warmer, ensure the cap covers the teat and shake the bottle before feeding
- Check the temperature by putting a few drops on the inside of your wrist (avoiding any areas of broken skin) – it should feel slightly cool.
- Follow the manufacturers instructions for the bottle warmer

Do NOT use a microwave to heat the milk – it may heat the milk unevenly which can scald the baby.

If frozen breast milk is provided;

- It should be thawed in the fridge or in a container over a bowl of lukewarm water
- Ensure the cap covers the teat so that the teat is not contaminated with tap water.
- Preferably, thawed milk should be used straight away but always within 24 hours.
- Thawed milk should not be refrozen

Note; Use a fridge thermometer to ensure the fridge is operating effectively. Guidelines for storage of expressed breast milk are;

Fridge; 2 – 4 degrees C in the main part of the fridge

Freezer; -18 degrees C or lower

- Mothers who place their children in the nursery are encouraged to continue breast feeding to meet their child's needs
- Facilities are available so mothers are able to breastfeed their child comfortably
- Parents will provide expressed milk in bottles if required.
- Bottled milk will be given to the child within the routine provided by the parent
- All staff will wash hands prior to feeding the baby/child
- Babies/Children will **NEVER** be left unattended while feeding
- Staff will check the temperature of all milk before giving to the baby/child
- Bottle warmer will be used to heat the milk
- After baby/child has been fed, any unused milk will be emptied away and the bottles rinsed to reduce the risk of contamination
- Parents are responsible for the sterilisation of all bottles

Formula fed babies

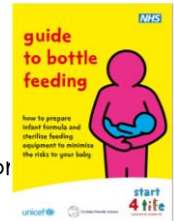
- Parents provide prepared bottles for their child's sessions; formula and water separate
- All bottles to be handed to a member of staff
- All bottles will be labelled, dated and placed directly into the milk fridge
- Milk will only be given to the named child
- Milk will be given within the routine provided by the parent
- All staff will wash hands prior to feeding



- Milk will be heated in the bottle warmer as per manufacturers instructions
- Staff will check temperature of all milk before giving to the baby/child
- Babies/Children will **NEVER** be left unattended while feeding
- All bottles both used and unused will be returned to parents at the end of each session in a sealed bag and put into the child's bag or on their peg.
- After children are fed any remains are emptied and the bottles rinsed to reduce the risk of contamination
- Parents are responsible for the sterilisation of all bottles

Weaning

- This is discussed with parents around the time the baby is 4-6months, but will only be introduced at the parent's request.
- Children will be introduced with small amounts of baby rice mixed with their own milk
- Once the child is used to solid foods then pureed vegetables and fruit are introduced
- Food will be given singularly so the child can get used to the texture and taste i.e. potato or carrot
- All foods are freshly made and contain little or no salt or added sugar
- Over time the consistency and content will change as the child's digestive system develops.
- Children will be encouraged as they grow to move to feeding cups



Preventing babies from choking

During the first year of life, babies are still learning to enjoy food and over time the baby will develop the skills and muscle coordination to eat a much wider variety of foods. It is however, important to ensure that babies are kept safe and that they do not choke on any food that is provided for them. Babies should not be given solid food before they are developmentally ready as this will increase the risk of choking, The following key points should help to avoid any choking episodes. It is also important to consider the needs of individual babies and take guidance from parents.

- Always stay beside a baby when they are eating
- Babies should be given time to swallow each mouthful
- Cook hard or stringy vegetables such as green beans and carrots until they are soft for use as finger foods, rather than offering them raw.
- Encourage the baby to chew but avoid giving small items such as whole grapes or cherry tomatoes. Whole grapes and cherry tomatoes are difficult to chew, specifically

due to the skin, increasing the risk of them being swallowed whole. These items must be skinned and cut prior to giving to babies.

- Stop the baby from putting too much food in their mouth as they may choke.
- Make sure the baby's mouth is empty before the next mouthful of food. It is important to go at the baby's pace.
- Let the baby feed themselves so they have control and the food does not go too far back in their mouth.

Full cream Milk

- Full cream milk will be offered to all children over the age of one year
- The nursery provides milk for the children

Nutrition

- Our weekly menu offers the children in our care a varied and healthy diet. One main meal of two courses at lunch and two snacks – AM : Breakfast / PM : Fruit. All food offered will be freshly made with no added salt or sugar. This menu complies with the Nutritional Guidelines 2006 set by the Scottish Executive and NHS Setting the table. Water is available for children to drink at any time during the day.

Nutrition for children 1-5years

- Children are encouraged to feed themselves with support if required
- All children are encouraged to try meals NEVER forced to eat food
- Staff members will not withhold food if part of the meal is refused
- Children are encouraged to remain seated throughout the meal
- Children are reminded and prompted to use table manners

Allergies and Dietary restrictions

- The nursery will liaise with parents of those children with allergies and a formal action plan must be written out to include allergies, restricted foods, possible reactions and emergency medication and/or procedures to follow. Children who have allergies will have food prepared separately to prevent cross contamination and the menu modified for the specific need. All food products will be cleaned from the tables and floor immediately following lunch and snacks. These procedures will be monitored daily and recorded as required.

Nut allergies

- All children within the nursery will not be given nuts of any kind that the establishment is aware of.

Wheat and pulse intolerance

- All children under the age of 6months are given a gluten free diet

- Meals are modified for coeliacs

Dairy intolerance

- Meals will be modified to meet the needs of the child – see allergy restrictions

Medical dietary requirements

- Parents and staff work closely together so that all children are given the necessary dietary requirements to meet the individual needs of the child

Religious and Cultural requirements

- All children and their parents/carers will be respected as individuals and their food preferences and religious requirements will be accommodated. However, the nursery does not provide Kosher or Halal meat and a vegetarian alternative will be provided. All parents will be asked to complete details of acceptable and unacceptable foods.
- All vegetarians will be provided with a meat substitute for main meals

Reviewed using the following documents;

NHS Setting the table, 2014

Supporting Healthy choices, 2012

Nutritional Guidelines, 2010

Health and Social Care Standards

Better eating, better learning, 2014

A new look at Hall 4 – Good health for every child, 2014