

Quality Area 2

Children's Health and Safety



All children have the right to experience quality care in an environment that provides for their health and safety.

This should be complemented by a focus on promoting each individual child's emotional wellbeing and supporting each child's confidence and independence, taking into account their individual needs, for health, nutrition, rest, sleep and relaxation.

2.1 Health: Each child's health and physical activity is supported and promoted.

2.2 Safety: Each child is protected

Standard 2.1 – Each child’s health and physical activity is supported and promoted

This standard is about supporting children’s health. It focuses on their individual health requirements ensuring these are being met while also supporting children to learn about healthy food, drink and lifestyle choices. Being healthy, rested and illness free, helps children to be able to participate happily and successfully in their learning environments. Their physical wellbeing contributes to the children’s ability to concentrate, learn and cooperate with others.

For you as Educators, to meet these requirements you must follow the policies and procedures.

ADMINISTERING MEDICATION

When medication is to be administered in a care environment written authorisation must be provide for prescription, over the counter and homeopathic medication.

For children who have an ongoing condition like asthma or for children who are at risk of anaphylaxis, an individual management plan that is written and reviewed in conjunction with families, medical professio alternative therapy providers is required.



It is also your responsibility as Educators to ensure that the process for administering medication is followed.

These include

authorisation to administer the medication, name and details

of the time and dosage of the medication to be administered

as well as the signature of the person administering it, including when it was last given and how it was

Children over preschool age are able to self-administer medication with the correct authorisation.

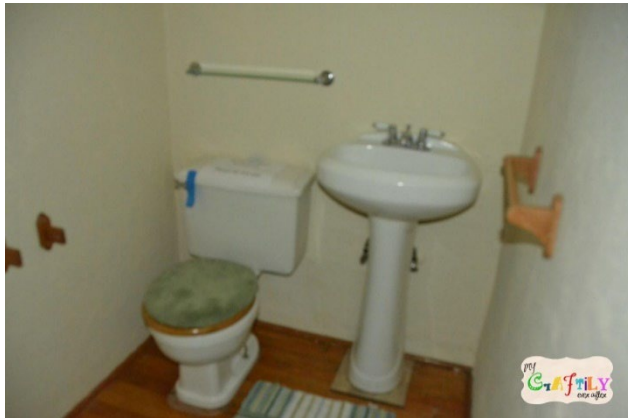


As Educators you have a responsibility to provide a variety of activities including both active and restful ones and to support children to make appropriate decisions about participation. This includes talking about sun safety with children and taking appropriate measures to protect children from being over exposed to the sun.

You need to meet children's individual sleep needs and monitor closely sleeping infants and ensure that all children are within hearing range and observed regularly while sleeping; ensuring children who do not sleep have an opportunity to take part in quiet play activities.

It is also your responsibility to show how, each child's sleep, rest, meals and sun protection is shared with families.

It is your responsibility as an Educator to make sure that toileting and nappy change areas are clean, safe, comfortable and accessible to children. These routines need to be based on the individual and be relaxed and positive for all involved. We need to respect the rights of the child in regards to privacy during toileting, dressing and undressing times.



Maintaining high standards of hygiene are essential in preventing the spread of infectious disease and ensuring good health. Health and hygiene practices must follow policies and procedures and advice from relevant health authorities, also ensuring that the environment is clean and consistently maintained particularly the bathroom and eating and food preparation areas.

Educators need to implement the appropriate hygiene practices in relation to hand washing, toileting, nappy changing and cleaning of equipment.

You must have a regular routine for washing children's toys and equipment.



It is your responsibility to ensure the safe and hygienic storage, handling, preparation and serving of all food and drinks consumed by children, including food provided from home. This includes being aware of expiry dates on prepacked items including baby food and formula. If you are providing food a written menu must be displayed for parents to view. You also must ensure that the food being provided is sufficient and nutritious. You need to have chosen this food having regards to dietary requirements of each individual child taking into account each child's growth and development needs as well as any specific cultural, religious or health requirements.

If a child is injured in care you must follow the injury action plan and service policy for reporting. This includes incidents, injury, trauma or illness.

As Educators you need to keep your First Aid and CPR certificates current at all times as well as having a suitably equipped First Aid kit available.



This standard is also about ensuring that children's nutritional and physical health needs are met and that learning about healthy lifestyles is embedded in everyday routines and experiences.

It is your responsibility that food and drinks are nutritious, offered regularly, and varied and enough provided. Good nutrition is essential to healthy living and enables children to be active participants in play.

In the program provided to children, experiences, conversations and routines need to promote healthy eating and good nutrition. Safe drinking water must be available to children at all times. Children need to be offered food at times other than routine snack or meal times when they have not eaten or are hungry. Food can never be used to reward or punish children. Educators need to be aware of any children who might have allergies. You are encouraged to sit and eat with the children to model appropriate behaviour and healthy food habits. Educators are to support children learning to feed themselves and babies should be fed individually by Educators.

Children should be involved in the planning and set up of the physical play activities. The program should incorporate physical activities, with a balance of quiet play time and energetic outdoor play that meets and extends upon the children's capabilities.

Communication books/sheets/programs/portfolios are used for families to see children's achievements and to identify the importance of physical activity for health and development.

**Educators must ensure that the children being cared for are in an environment that is free from the use of tobacco smoke, illicit drugs and alcohol.*

Standard 2.2 – Each child is protected.

This standard is about ensuring that all aspects of children's safety are protected. Children have a fundamental right to be protected and kept safe while they are in care.

Children need to be supervised at all times; this is by either sight or hearing. Children are not to have access to unsupervised or unlicensed areas. Educators need to adjust their level of supervision based on the activities undertaken.

Risk analysis' need to be completed for all excursions and supervision requirements need to be considered. Risk analysis and excursion forms must be completed before any excursion occurs.

Educators should speak to children about safety issues and why these are important.

Educators need to ensure that children are unable to access potentially hazardous items like medications, detergents, cleaning products and garden chemicals. These items must be locked away or stored in an out of bounds area and should be clearly labelled.

All necessary precautions need to be used when cooking or eating hot meals, for both the educator and children in care.

Educators need to ensure that their outside area has sufficient shade.

Animals are to be kept separate to and apart from the areas used for children. The children can interact with the animals under close and direct supervision. This something to discuss with families at the interview to ensure that they are happy for children to interact with pets. All such interactions need to be documented. At no times should animal faeces be present in the approved areas of the yard.

The environment needs to be checked and treated for pests and vermin.

Educators must ensure that children only leave the Educators house with approved persons.

Transportation must be suitable and safe for all children. Safety restraints are to be fitted in accordance with Australian Standards.

It is recommended that anchorage points for car seats and restraints be inspected annually by an authorised fitting station or equivalent authority.

A list of children in care and their emergency contacts are to be carried in the car and available for emergencies and evacuations.

Emergency procedures plan must be displayed prominently throughout the premises.

Drive as if every child on
the street were your own!

From 1 July 2017, Early Childhood Education and Care (ECEC) professionals became mandatory reporters. This means you are mandated by law to refer vulnerable families for help, or report your concerns to Child Safety if you think a child has suffered, or is at an unacceptable risk of suffering harm caused by physical or sexual abuse, and the parent is not willing or able to protect them.

If you're concerned about a child, you can:

1. **talk to your coordinators** about your concerns.
2. refer to the **Child Protection Guide** — this online guide will help you decide whether to refer a family for help, or report your concern to Child Safety. Go to:
www.communities.qld.gov.au/childsafety/protecting-children and search for 'child protection guide'.

3. call **Family and Child Connect** — this free service provides information and advice to people concerned about a child’s wellbeing, and helps vulnerable families get the help they need. You must obtain the parents’ consent first, before referring them to Family and Child Connect. Call 13FAMILY or 13 32 64.

4. call **Child Safety** — if you have formed a reasonable suspicion that the child has been harmed or is at risk of harm and the parent is not willing or able to protect them. Go to: www.communities.qld.gov.au/childsafety/about-us and search for ‘regional intake services’.

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There is nothing more precious to a parent than a child, and nothing more important to our future than the safety of all our children.

William J Clinton

THANK YOU