

## Hygiene Policy

It is very important to prevent the spread of germs and illnesses that hygiene procedures are in place and strictly adhered to.

Children are encouraged to wash their hands after going to the toilet, touching animals and playing outside. They must also wash their hands before eating any meals and snacks.

I will assist the children in hand washing, ensuring that they are washing and drying them correctly.

I will provide a clean towel in the bathroom each day, however if a child is poorly I will provide them with their own towel as a precaution.

I am happy to help children to clean their teeth before meals if you provide me with a toothbrush and paste. (Dental research has proven that it is more beneficial for the care of your teeth to brush before a meal not after).

I will assist children with wiping their noses when they have colds and try to teach them how to blow their noses. I will explain to them the importance of safely throwing away dirty tissues to prevent the spread of germs. I will also encourage them to put their hands over their mouths when coughing/sneezing.

I will disinfect my changing mat between children,

I will follow strict hygiene routines in my kitchen, ensuring my fridge is at the correct temperature and that food is stored correctly in it.

In order for me to carry out these procedures effectively I request that you let me know if your child is feeling or has been unwell.