

Disclaimer: Activities with children must always be risk assessed, including for allergies or choking. Children must always have adequate supervision. Resources and materials must always be appropriate for children's age and stage of development.

Top tips: Health and hygiene

Safeguarding the health and well-being of our children is of the utmost importance. Proper health and hygiene practices protect children from illnesses and create a safe and nurturing environment where children can thrive.

The following ten top tips will support you in maintaining high standards of health and hygiene, ensuring that each child enjoys a clean, safe, and healthy nursery experience.

1. **Clear policies.** Implement and enforce clearly written policies concerning the health and hygiene of children, staff and the environment. Your policies should simply state what you do and how you manage it. Review annually and share with all staff and parents
2. **Immediately clean spillages,** especially blood or other bodily fluids. Have clear procedures in place for managing this
3. **Create good habits** around handwashing. Ensure that staff and children wash their hands regularly - before eating, after using the toilet, after handling bodily fluids etc.
4. **Educate children and staff** on why adopting good health and hygiene practices is important in keeping us all safe and healthy
5. **Regularly clean** and disinfect surfaces, resources and play equipment to prevent the spread of germs
6. **Food handling and storage.** Follow strict hygiene practices when preparing and serving food. Store food at appropriate temperatures and ensure that perishable items are kept in a fridge
7. **Ensure food is nutritious** and not highly processed. Cooked food should be steaming hot and then cooled to a suitable temperature for babies and children. Keep food preparation areas clean along with all utensils, including bowls, spoons etc., tea towels and cloths. Follow best practice procedures regarding allergens and food sensitivities
8. **Safe disposal of waste.** Put soiled nappies, tissues etc in designated disposal bins. Ensure the waste bins are away from children, emptied and sanitised regularly. Ensure personal protective equipment (PPE) is used when and where necessary



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9. **Maintain clean toilets**, potties and changing areas. Clean and sanitise these areas several times a day. Ensure there is soap, toilet paper and paper towels, towels or hand drying equipment
10. **Ensure good ventilation**. Constantly mixing in fresh air to the stale air lowers the risk of breathing in viruses - or better still get outdoors!

NDNA products to support you with these tips

- Online course: [Food safety and hygiene level 2](#)

And more resources at www.ndna.org.uk/hub/myndna