



Health and Safety Policy

Safe Practice

If for any reason, you will be running behind, please notify us as soon as possible. Each classroom will report to the Director at 9AM on which children are not present and we will start contacting you by phone. If your normal drop off time is later then we will adjust the time. We do need to know you and your child are safe! (ex. carbon monoxide poisoning, car accident)

Reportable Incidents

We are required to report to DHHS when a child is involved or may have been involved in a reportable incident while in care, to include: aggressive or unusual behavior, attempted suicide, choking, death, disease outbreak or occurrence, emotional abuse, medication error, missing person, motor vehicle injury, physical abuse, poisoning, and sexual abuse.

Application of Ointments/Creams

Ointments and creams will only be given with prior signed consent.

Childs Wellness/Illness Policy:

It is important to take preventative measures such as:

- Proper hand washing
- Nutritious food
- Proper diaper and restroom techniques
- Keeping the environment clean
- Proper personal grooming habits

If your child has become ill: We require 24-hour notice from the time of the diagnosis. The following would be some symptoms of illnesses that exclude your child from attending the center. These include, but are not limited to:

- Nausea
- Diarrhea- Exclusion is required for all diapered children whose stool is not contained in the diaper and toilet-trained children if the diarrhea is causing "accidents." Your child will be excluded if there are two occurrences.
- Vomiting- Exclusion is required if he or she has vomited more than two times in the previous 24 hours.
- Sore throat
- Lethargy
- Difficulty breathing
- Temporal fever of 100.0 F or higher (ear thermometer)
 - Your child must be fever free without fever reducing medication for 24 hours, i.e. Tylenol/Ibuprofen
- Infected skin or eyes or an undiagnosed rash
- Severe itching of body or scalp
- Scabies or head lice when apparently not being treated. Medical and environmental treatment must be practiced. He or she must be nit free before returning.
- Eye discharge-thick mucus or pus draining from the eye. Conjunctivitis (pink eye) must have proper treatment for 24 hours before returning.
- Any known or suspected communicable disease. Tuberculosis, until an appropriate health care provider or health official certifies that the child is in appropriate therapy and can attend care.
- Impetigo, until 24 hours after treatment has been initiated.
- Chickenpox (Varicella-Zoster), until all sores have dried and crusted (usually six days).
- Mumps, until nine days after an onset of parotid gland swelling.
- Hepatitis A virus, until one week after an onset of illness or jaundice or as directed by the health department.
- Measles, until four days after an onset of rash.
- Rubella, until six days after an onset of rash.
- Hand, foot and mouth, until all sores have crusted over.

- COVID - per DHHS childcare licensing, we are required to follow the recommendations of the Two Rivers Public Health Department. Any decisions made will be based on their recommendations.

If your child becomes ill while in our care, we will notify you immediately, so you will be able to make arrangements to get your child home as soon as possible. If we are unable to reach you, we will contact your back-up phone numbers. If you are not able to pick him or her up in a timely manner, alternate arrangements must be available. While he or she is waiting to be picked up, we will continue to do our best to be sure your child is comfortable and away from the other children. Any time a child is confirmed with any contagious illness, all parents will be notified. (Posted on the communication board at check in/out and on our private ATSCDC FB page.)

Before your child may return to ATSCDC, he or she must be free of all symptoms or be on appropriate treatment for 24 hours. A note from your family practitioner may be required.

Parents will be notified if there is a confirmed case of a communicable disease on the same day the ATSCDC is informed or observes the illness. A notice will be posted on the parent communication board and will be posted to the ATSCDC Facebook page.

Medication:

We will administer medication at your request for your child. A medication form must be completed in order for us to administer medications to your child. Medications must be brought in their original container with the medication ordered by the physician. Over the counter medications can be administered if brought in the original container.

Diaper Changing Policy:

- Wet and/or soiled diapers are changed immediately.
- Diapers are checked on a frequent and regular basis.
- Disposable wipes are used.
- Wet and soiled diapers are properly stored and disposed.
- Diaper-changing surfaces are cleaned after each use by disinfecting the surface.
- Proper handwashing is done after each diaper change.

Nutrition, Health, and Physical Activity Policy:

Child Care Nutrition:

Good nutrition is vital to children's learning and physical development. These child care nutrition policies have been designed to encourage the development of good eating habits that will last a lifetime.

Meals and Snacks are Child Care Nutrition:

Due to our desire to promote your child's health and provide good child care nutrition, when trying new foods, the children become part of the "Two Bite Club", they normally receive a sticker or a certificate saying they tried a new food. Along with "High Scope", we use two resources from the USDA to assist with teaching Health and Nutrition, "Grow It, Try It, Like It" and "The Great Garden Detective Adventure".

Education:

Every quarter there will be some type of educational material provided to families regarding Nutrition and/or Physical Activity. This will be through fliers, handouts, emails, or on the ATSCDC Facebook page.

Child Care Nutrition is Routine:

In order to limit time away from the children and to promote healthy eating habits, food is available at scheduled times. Children who choose not to eat will be offered food again at the next scheduled meal or snack. Meal and snack times are planned so that no child will go more than three hours without being offered food. If your child is absent during a scheduled meal or snack, please plan to feed him/her before he/she arrives. Although fast food is convenient, please do not bring your child with a fast food meal or drink as this undermines efforts to teach healthy habits to the children and will not be allowed indoors. Any outside food or drink will not be allowed at ATSCDC. If your child comes in with any outside food or drink, they will be required to place it in their cubby and can take it home at the end of the day.

Child Care Nutrition Considers Allergies:

Food allergies are becoming more common among infants and young children. It is important for us to work together to provide a safe environment for your child. We are experienced in reading ingredient lists and accommodating special diets, however since we have no way of knowing what happens when your child is at home, we rely on you to keep us updated about any changes in your child's allergies. To help keep your child safe, please provide the following information and materials, and update them as necessary:

- Verification of the food allergy and its level of severity, signed by a doctor.
- Complete and current health and medication forms.
- A doctor's order for EpiPen and/or any other necessary medications.
- Signed parental consent to administer medications.

Child Care Nutrition and Special Diets:

If you choose to provide alternative foods such as soy milk, lactose-free cheese, and the like, these must be labeled with the child's name and date opened. If you choose to send an entire meal for your child to ATSCDC, the meal must follow USDA requirements for child care nutrition. If your child is not able to follow the USDA child care nutrition guidelines due to special dietary needs, we are required to have a written doctor's order to follow. Please do not send gum, candy, or other foods to ATSCDC without prior arrangements with Laurie and Angie.

Child Care Nutrition Includes Special Treats:

A well-balanced child care nutrition plan includes occasional treats and what better time for treats than a birthday or holiday? Birthday and holiday treats help make these days even more special for the children.

Although we greatly appreciate it when parents send in treats, it is not necessary. If you wish to send a special birthday or holiday treat, please speak to us ahead of time and keep nutrition in mind when deciding on a treat. We will all celebrate your child's birthday together.

Child Care Nutrition is Supported by the Food Program:

The Child and Adult Care Food Program (CACFP) is a Federal Program that promotes healthy meals and snacks to children in child care programs. As part of the CACFP, providers serve meals and snacks that meet specific guidelines and record children's attendance. The child care food program plays a vital role in improving the quality of child care and helping children get a healthy start in life. Although ATSCDC is not enrolled in a CACFP, we do abide by their guidelines.

CACFP Child Care Nutrition Requirements:

Children twelve months and older receive meals and snacks based on the minimum components listed below. Children under the age of twelve months have separate requirements.

Breakfast: Grain, Fruit or Vegetable, and Milk

Lunch or Supper: 1% milk, Meat or Alternative, Fruit and Vegetable or a Fruit or 2 Vegetables, Grains or Bread

Snacks (any two) Dairy, Meat or Alternative, Fruit or Vegetable, Grains or Bread, Fruit or 2 Vegetables

Children 12-24 months are provided whole milk. Children 24 months and up are provided 1% milk.

Water is freely available to every child to serve themselves throughout the day, every day.

ATSCDC cares about the health of the children that we serve. In an effort to improve the health of the children that we serve, we are implementing the following nutrition and physical activity policies in our child care center.

Physical Activity:

Screen Time Limitations: Children will be limited to no more than 30 minutes per day of screen time (TV viewing, videos, interactive games through the TV). Programs will be educational in nature or actively engage the child(ren) in movement.

Physical Activity Standards:

- Caregivers will interact with infants in daily physical activities that encourage active exploration of the infants' environment.
- Children will engage in at least 60 minutes of structured/unstructured physical activity daily.
- Withholding physical activity time will not be used as a form of discipline.
- Children will not be sedentary for more than 60 minutes at a time except while sleeping.

Child Nutrition CACFP Guidelines:

With the rise in childhood obesity, nutrition in child care programs has never been more important. The health and wellbeing of all of the children in our care is of the utmost importance. The Nebraska Department of Health and Human Services regulates the regulations of licensed childcare.

Immunizations:

Due to the wellbeing and health of our center and community as a whole, we do require immunizations to be current on every child with current records on site. Immunization records must be received within 30 days of enrollment.

As uncomfortable as immunizations are for parents to see their children receive, they normally make the child feel uncomfortable and not feel well. If at all possible, schedule these appointments when you know you will have the next day or two to comfort them.

Emergency Preparedness Policy:

Fire Drills are practiced every other month. Tornado Drills are practiced four times; March through September. In case of an emergency; natural or man-made and we are not able to stay at the center, we will promptly relocate to 1747 W 39th Street, Sinclair's Gas station. We will notify each of you by phone once all of the children are safe. Staff will stay with all children until a parent or designated person can pick up the child. Children with special needs will have a plan developed with the parents to ensure that their needs are met if an emergency situation was to arise.

Missing Child Policy:

In the event of a missing child from ATSCDC, the remaining children will all stay together. ATSCDC staff will stay calm and call Kearney Police Department and give them a complete description of the child. We will then notify the parent/legal guardian and inform them of the steps that are being taken to locate their child.

911 Policy:

All age appropriate children will be taught to use 911 in case of any emergency. We will practice this frequently through modeling certain emergency situations. The phone is available and accessible at ATSCDC to all children capable of dialing 911.

No Smoking Policy:

Smoking and the use of smokeless tobacco or any sort of smoking on the premises of ATSCDC is greatly frowned upon. Anyone wishing to smoke please do so before dropping off their child or after they have left the premises.

Intoxication Policy:

If a parent/legal guardian or emergency contact appears to be intoxicated or otherwise in an altered state of mental status arrives at ATSCDC to pick up a child: The provider will not release the child/ren.

- The provider will offer to call a friend or relative or a cab to pick up the parent and child.
- Inform the parent that if they choose to drive with or without the child, we will inform the police immediately before the child is allowed to leave the premises.

Required Reporting Policy:

Any childcare provider/center is a mandated reporter of suspected abuse, neglect, or deprivation of a child. This means the law requires us to report any known or suspected abuse, neglect, or deprivation to the Department of Children and Family Services. If something happens at home, please relay that information to us as we will do the same for you if something happens at the center. Please inform the center of any birth marks which may be questionable.

Transportation Policy and Permission Form:

Parents will be notified in advance of field trips or any time we are leaving the premises. You will be notified in advance for planned trips. If it is a beautiful day and we decide to take the children for an unscheduled walk, you will be notified on our Facebook page.