

## **Curious Cubs Daycare**

### **HEALTH AND SAFETY POLICY**

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#### **Policy statement:**

It is my policy to promote and ensure the good health and safety of children in my care in line with the requirements laid out in the Early years foundation stage statutory framework for childminders, by the Health and Safety Executive and any Department for Education guidance.

#### **Procedure:**

##### **Safety and suitability of premises, environment and equipment**

I operate an arrival and departure routine ring door bell and wait on the porch at contracted times (unless changed with prior arrangements).

Parents are welcome to discuss any aspects of health and safety by arranging a mutually suitable time by contacting me via WhatsApp to arrange.

In order to ensure children's safety in my setting I have a range of safety equipment e.g. stair gates, fire guards, smoke alarms, carbon monoxide detectors which are regularly checked to ensure they are in good repair.

My smoke alarms are tested regularly, and fire drills are carried out and recorded. I have a fire blanket in my kitchen and children and parents are aware of my emergency evacuation procedure. I have a plan of my setting at my entrance and fire exits are clearly marked on this, a copy is on the notice board as you enter the setting and on our website.

My premises are secure to ensure children's safety and prevent intruders and I have a procedure for checking the identity of essential visitors e.g. Ofsted Inspectors.

I will ensure that I take all reasonable steps to ensure any staff and children in my care are not exposed to risks and I will demonstrate how I manage risk.

My risk assessments will identify aspects of the environment that need to be checked on a regular basis, when and by whom these aspects will be checked and how I will remove or minimise the risk. Risk assessment policies, local outings policies can be found online- please refer to these policies for further details.

All equipment used in my childminding business is regularly checked for damage and wear and tear and replaced, when necessary, for example highchairs, buggies, cots.

My car is regularly serviced has an up-to-date MOT and is insured for business use.

All car seats are checked regularly and used correctly in accordance with the government rules found here [Child car seats: the law: Using a child car seat or](#)

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[booster seat - GOV.UK](#). Children will be measured to ensure the car seat is of the correct dimensions for them.

All gardening equipment is locked in the shed and dangerous plants have been removed.

I hold a current paediatric first aid certificate.

I follow safer sleeping practices informed by NHS guidance including ensuring that cots and bedding are in good condition and suited to the age of the child, and that babies are placed down to sleep safely in line with the latest government safety guidance. I frequently check on sleeping children. I discuss sleeping arrangements with parents and make risk assessments according to the child's individual needs. In my setting children sleep upstairs

#### Health

I encourage children to learn about good hygiene by promoting regular hand washing and not to touch mouth, eyes and nose where possible. I have a hand washing procedure where children will be supported to wash their hands for 20 seconds on arrival at the setting, after coughing or sneezing, before eating or any individual food preparation, after touching any pets, after using the toilet we use paper towels from a dispenser.

I promote good oral health by reducing the consumption of food and drink containing sugars, supporting children to be aware of what good oral health means – and helping families understand the importance of cleaning their teeth with fluoride toothpaste and eating healthily and the importance of visiting the dentist on a regular basis.

Bins will be regularly emptied and cleaned.

I will ensure good ventilation by opening windows.

When providing meals and snacks children are encouraged to make healthy choices and the benefits of an active lifestyle are promoted, e.g. access to outdoor play daily. I am aware of the Chief Medical Officer's guidance on physical activity.

Children will be always within sight and hearing while eating.

Regular disinfecting of all surfaces (include areas for example, work tops, door handles etc.) takes place following the Government guidance.

Baby changing mats are cleaned and sanitised after each use.

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I have registered with my local environmental health department, and ensure correct storage, hygiene of food preparation areas and preparation of food procedures are carried out.

I use the safer food, better business for childminders pack and will be attending training at the beginning of 2026.

My pets are kept away from food preparation areas and their food bowls are out of reach of children. All pets are regularly vaccinated and up to date with worming and flea treatment.

All areas accessible to children, including toys, play mats and equipment are regularly cleaned, disinfected and checked for damage. A risk assessment has been carried out to identify toys that may pose the greatest risk, and steps have been taken to minimise that risk. Where messy/malleable play activities are provided, children will be supervised at all times to ensure hygiene of resources being used (hands in mouth or consumption of materials and equipment)

Personal protective equipment will be used in the following situations e.g. sudden onset of illness which involves bodily fluids (vomit, diarrhoea), Covid 19.

This policy should be read in conjunction with my Accident and emergency procedures, Illness and infectious diseases, Food and drink, Risk assessment, No smoking and Outings policies. Please refer to these policies for further information.

Childminder's name	Sara Charalambous
Childminder's signature	
Date	
Parent(s)' name	
Parent(s)' signature	
Date	

Date policy was written	December 2025
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## Curious Cubs Daycare HEALTH AND SAFETY POLICY

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This policy is due for review on the following date	December 2026
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**This policy supports the following Early years foundation stage statutory framework for childminders requirements:**

Section 3 – Safeguarding and welfare requirements

- Health
- Safety and suitability of premises, environment and equipment