

Sick Child Policy

Policy Created: 1st April 2026

This policy will be reviewed on an annual basis.

I understand that as a parent you will have obligations that you must fulfill including attending work and/or college.

If your child becomes ill in my care I will ring you or your emergency contacts and request that the child is collected within a reasonable time period (2 hours) to be taken home.

All children that attend, must always be well enough to engage within daily activities, both indoors and outdoors. It is not good practice for children to be excluded from playing outdoors, so parents must give careful consideration about whether their child will be able to fully participate in the day. This must also be considered when a child has a mild illness or is recovering from an illness. Please consider that if I or a member of my family become ill as a result then I may have to close while I (or they) recover.

If you are in any doubt about whether or not to bring your child to my home then please call me first to discuss the situation.

Whilst it is not appropriate to care for sick children within the day, who should be at home until they are well enough to return to the setting, we recognise that there are times where it will be necessary to administer medication as part of maintaining children's health and well-being or when they are recovering from an illness (see 'Administration of Medicine Policy')

I have set out my own exclusion periods for some common illnesses below:

High temperature - You should not bring your child to the setting if they are suffering from a fever. Please keep them at home until the temperature has gone and they feel well enough to return.

Flu - 5 to 10 days

Sickness & diarrhoea - 48 hours from last occurrence

Chicken pox - Until spots have crusted over (this is usually around 5 to 7 days after spots have appeared)

Conjunctivitis - Until discharge has gone from the eyes

Ear infection - If your child has a high temperature or severe earache, keep them at home until they no longer have a temperature or the earache has gone.

Impetigo - If a child has impetigo, they'll very likely need antibiotics from your GP. Please keep them at home until all the sores have crusted over and healed, or for 48 hours after they start antibiotics.

Coughs & Colds – During the winter months especially these are common, parents may consider given children an extra boost in vitamins. Coughs and colds spread very quickly between children, because of close contact. If your child has a cough or cold and feels unwell, please keep them at home until they recover.

Head lice & Nits – If we notice a child has an intense itching on the scalp or body it could be a sign they could have lice or nits. We would ask you to check and confirm, so we can inform other children's parents so it can be addressed.

Ring Worm – Ring worm is contagious, and it should be treated as soon as possible once the circular rash has been detected.

Hand Foot and Mouth – Children are most contagious the first few days of the illness. Blisters usually dry up in 10 days, so we ask you to keep your child at home until they recover.