

**Quality Area 2**



**Children's health and safety**

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## 2 Discussion Point

Discuss the ways in which your service actively controls and aims to reduce the spread of infectious diseases.

For further information, see *Staying Healthy: Preventing infectious diseases in early childhood education and care services* at [www.nhmrc.gov.au](http://www.nhmrc.gov.au)

## 2 Multiple Choice

Who needs to be aware of children's health requirements?

- a) Educators
- b) Nominated supervisors
- c) Family day care educators
- d) **All of the above**

It is important that nominated supervisors, educators, and family day care educators are aware of the health requirements of all children and that there are effective processes to support and monitor these (Regulation 79 of the National Regulations).

## 2 True or False?

Education and care services do not need to consider the foods children like and dislike.

**False.** Education and care services should ensure healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child. Food given to children should be consistent with advice provided by families about their child's dietary requirements, likes, dislikes and any cultural or other requirements families have regarding their child's nutritional needs.

## 2 Discussion Point

What does effective supervision of children involve?

What procedures and practices do you currently have in place to ensure effective supervision of children at all times?

For further information, see *Guide to the National Law and National Regulations* at [www.acecqa.gov.au](http://www.acecqa.gov.au)

## 2 Multiple Choice

A man you do not recognise comes to pick up a child from your service. The child runs over and hugs him. What should you do?

- a) Ask the man his name to confirm his identity
- b) Allow the child to go home with the man as the child clearly knows him
- c) **Ask the man for a form of identification to cross reference with the child's enrolment form**
- d) Demand the man leave the premises

Children may only leave the premises in the care of their parent; an authorised nominee named in the child's enrolment record; a person authorised by a parent or authorised nominee; medical personnel in case of an emergency; or in the event of an excursion (Regulation 99 of the National Regulations).

## 2 Activity



Take a walk around the service and observe how healthy eating is promoted, using your device to take a photo of an example.

Return to the group and discuss each educator's photo:

- Does your service promote healthy eating in a variety of ways?
- Is the promotion of healthy eating directed towards adults or children? Or both?
- What are some other ways that your service could encourage healthy eating?

## 2 Multiple Choice

You are assisting a child complete a puzzle when they point out a red back spider on the couch behind you. What would be the most appropriate first action to take?

- a) Call all the children over to have a look at the red back spider
- b) Encourage children to pet the red back spider
- c) **Advise children to move away from the area and remove the spider from the premises**
- d) Squash the red back spider with a puzzle piece

It is important to ensure every reasonable precaution is taken to protect children from harm and any hazard likely to cause injury.

## 2 Discussion Point

What procedure would you follow in the following scenarios?

- The toaster in the staff room has caught on fire.
- A parent is threatening staff with physical violence.
- A parent is 20 minutes late to pick up their child. The service is closing, and all emergency contacts are unable to be reached.

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## 2 True or False?

Physical activity for children does not need to be intentionally planned as children are naturally active.

**False.** It is important to ensure physical activity is promoted through planned and spontaneous experiences and is appropriate for each child. Physical activity and attention to fine and gross motor skills provide children with the foundations for their growing independence and satisfaction in being able to do things for themselves (EYLF, page 30; FSAC, page 29).

## 2 Scenario

Arupam is four years old, and started attending your service three weeks ago. Arupam emigrated from India last year with her parents and grandmother. Arupam has settled in to the service very well, but refuses to eat the food prepared at the service. She attends the service four days a week, for ten hours each day, and educators are becoming worried that she isn't eating anything during this time.

How would you approach this situation to ensure the child's health needs are supported?

## 2 Discussion Point

It is essential for educators to promote children's health and safety. This involves creating a healthy and safe environment that protects children from harm.

How can educators balance protecting children from harm while also allowing them to exercise their independence, take on new challenges and engage in risk taking?

For further information, see *Newsletter No# 58* at [www.earlychildhoodaustralia.org.au](http://www.earlychildhoodaustralia.org.au)

## 2 Discussion Point

Outcome 3 of the Early Years Learning Framework and the Framework for School Age Care (EYLF, page 32; FSAC, page 31), 'Children have a strong sense of wellbeing' includes promoting children's health and safety. In particular, Outcome 3.2 states 'Children take increasing responsibility for their own health and physical wellbeing'.

How does your service promote children to achieve this outcome?

## 2 Discussion Point

The mother of a child in your service calls to let you know that her two year old daughter has been diagnosed with measles by a General Practitioner (GP). Measles is an infectious disease.

Discuss the actions you should take in this situation.

For further information, see *Staying Healthy: Preventing infectious diseases in early childhood education and care services* at [www.nhmrc.gov.au](http://www.nhmrc.gov.au)

## 2 True or False?

Services must comply with set nappy changing guidelines.

**False.** The National Law and National Regulations do not prescribe the use of any particular guidelines or standards in relation to nappy changing procedures. However, the National Regulations require that adequate health and hygiene practices are implemented (Regulation 77(1)(a)). Element 2.1.4 of current NQS and 2.1.2 in the revised NQS effective from Feb 2018, outlines the need for effective illness and injury management and hygiene practices to control the spread of infectious diseases. However, this is guidance only and it is up to educators and providers to make informed decisions that suit their contexts and circumstances, based on sound advice.

## 2 Discussion Point

How do you meet the needs of children, and respect the choices of families who require a sleep or rest throughout the day, while simultaneously allowing other children in the room to engage in meaningful experiences?

## 2 True or False?

Medication cannot be administered to a child at a service without authorisation from a parent or emergency contact.

**False.** In the case of an emergency, it is acceptable to obtain verbal consent from a parent, or a registered medical practitioner or medical emergency services if the child's parent cannot be contacted. In the case of an anaphylaxis or asthma emergency, medication may be administered to a child without authorisation. In this circumstance, the child's parent and emergency services must be contacted as soon as possible (Regulation 93 & 94 of the National Regulations).

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## 2 Discussion Point

Developmental theorist Rudolf Steiner was an advocate for children being trusted to take appropriate risks from a young age, such as two-year-old children cutting with real knives in the kitchen.

Do you agree with Steiner's view on this subject?

What do you consider to be appropriate risk-taking activities for young children?

## 2 Discussion Point

How does your service ensure that the outdoor environment remains safe, clean and in good repair?

Do you have policies and procedures in place to ensure that safety is maintained?

## 2 True or False?

Services are required to have policies and procedures about sleep and rest for children and infants.

**True.** From 1st October 2017, approved providers are required to have policies and procedures about sleep and rest for children and infants (See *National Regulations*).

## 2 True or False?

The maximum group size for centre-based services is 35 children.

**False.** The National Regulations have deliberately not prescribed maximum group sizes for centre-based services, as the emphasis under the National Quality Framework is on the outcomes for children. Therefore, when assessing a service against the National Law, National Regulations or the National Quality Standard, the regulatory authority will consider the experience for children as part of a group.

## 2 Activity



All educators must use their device to capture a photo of each of the building's exits (including emergency exits).

Look at photos; has everyone identified the same exits?

Were the exits accessible or were they obstructed in any way?

## 2 Discussion Point

What is your service's current hand-washing procedure? Can you demonstrate the procedure for the group?

For further information, see *Staying Healthy: Preventing infectious diseases in early childhood education and care services* at [www.nhmrc.gov.au](http://www.nhmrc.gov.au)

## 2 Discussion Point

An education and care service must ensure that the outdoor environment includes shaded areas to protect children and educators from over exposure to ultraviolet radiation (Section 167 of the National Law, Regulations 114 & 168 of the National Regulations).

What are some of the health risks associated with sun exposure?

For further information, see *Cancer Council Australia* at <http://www.cancer.org.au/>

## 2 Multiple Choice

Where does an education and care service's emergency and evacuation floor plan and instructions need to be displayed?

- a) In a prominent position near each exit
- b) In a prominent position at the parent sign-in area
- c) In a prominent position near the main exit only
- d) In each room of the education and care service

(Regulation 97 of the National Regulations)