



Daisy and Rainbow Childcare caregiving Policy

We are keen that parents learn to trust us and our skilled and professional team to be able to attune to their child and respond with appropriate care to their child's needs.

We know how important it is that a child's play, care, and learning are supported and encouraged by a key recognised and trusted adult. In the first instance all caregiving will be provided for by the keyperson for their child whilst they are in the setting. When this is not possible another known member of the team will respond.

We adhere to Maslow's Hierarchy of Needs HERE and recognise absolutely that a child's physiological needs must be met before we can hope that they will be able to play and learn. As such we will ensure that all children can access food, drink, sleep, warmth, and bodily comfort as they need it. Hence, water is always available, snack times are flexible, all children, at any age, can sleep in a safe place when and for however long they need, children are monitored to ensure they are warm enough and nappies and toileting happen as needed to maintain bodily comfort.

We aspire to support a child to learn self-independence as soon as they have the cognitive and physical skills to manage those tasks.

NOTE Some of this policy will relate only to Rainbow Nursery, where we accept much younger children. The policy holds true for all older children aged 2 years old plus who may attend either setting.

Readiness to start with us in Childcare.

At Induction we encourage parents to share with us how they complete their caregiving at home. We encourage parents to share with us, for example, how they complete a bottle feed, change a nappy, and feed their child so that we have some idea of their child's norms.

Feeding

We encourage any parent who is breastfeeding their baby to ensure they wean their child to be able to easily accept a bottle, and to ensure this is in place before the child starts their care with us.

We ask that parents provide a formula powdered-milk pre-filled bottle for feeds, that only requires to be topped with water.

We ask that babies who are eating some solid foods or starting the process of weaning should have some experience of using a highchair. All children are expected to sit down to eat when they are with us, it is so much easier for the child if this is what they experience at home too.

Sleep

We encourage parents to give their baby some experience of sleeping in a cot prior to starting with us. We are keen that babies can self-soothe, and so encourage parents to put their children to bed when drowsy and to wean them off the need to be fed, rocked, or sung to sleep.

Parents are advised that the babies and children sleep in an open plan room where it is often still light and where it may not be quiet. We encourage parents to give their baby some experience of such conditions before starting in childcare.

What to Bring to Daisy and Rainbow Childcare for the day

When children start with us, they will be encouraged to have their own name-labelled bag.

The bag should contain only....

- Nappies for the day – if required
- Milk feeding bottles. – if required
- Spare clothes.
- A comforter if this is essential to the child.
- A dummy if required for sleep (children under 12 months only) – We encourage early weaning due to the adverse effect that dummies can have upon the development of children over 12 months old. See our separate Dummies, bottles, and cups policy.
- NO medications, food of any sort, or toys.

Our caregiving Routines

Bottle Feeding

- Attunement to the child is essential whilst feeding a baby – we encourage gaining eye contact, conversation with the baby, and enable other children to sit alongside having a book read at the same time, replicating a family environment.
- The keyperson will bottle feed their child whenever that is possible however another team member may also be asked to take on this role.
- We will respect the normal rhythm of feeds that may be given at home and will seek to attune to this, ultimately however, we will focus most closely upon the direct needs of the baby at that time.
- Parents will provide bottles with milk powder already measured.
- Bottles will be made up using water over 70 degrees.
- Any unfinished milk will be discarded.
- Parents will be informed if their baby has not drunk sufficiently or has drunk more than is usual.
- No child will be enabled to feed or suck from a bottle unsupported by an adult carer.

Breastfeeding

- We welcome and support mothers to be able to express milk for their baby and provide this milk to us for their baby's feed during the nursery day. It is essential that the milk is transported in a cooler to maintain the safety of the milk. If a breastfeed is timely when the child is picked up from nursery a space will be found within the setting to enable that.

Mealtimes

- We ensure that an adult sits with children when they eat, to reinforce messages about diet, to encourage and enable self-help skills, to model good eating habits and manners and to support a social environment.
- We will encourage children to remain seated always whilst eating.

- We are keen that children should access regular drinks across the course of the day; water is readily available. We encourage children to drink throughout the course of the day and whenever they eat.
- "Picnics" may be enjoyed when supervised by an adult.
- We encourage children to quickly learn the skills of selecting and serving their own food from a healthy choice being offered.

At Rainbow Nursery

- We are keen to support babies to be able to self-wean.
- Most usually babies and children will be seated at a table when they are offered snacks and meals - the youngest babies may use a highchair.

At Daisy Preschool

- We encourage parents to bring a lunch box containing a small selection of healthy foods for their child.
- We restrict the contents of lunch boxes to support a healthier diet so that parents are advised that certain foods should not be included – No sweets, no drinks (water and milk is provided), no whole chocolate bars, no large packets of crisps. Super Sid, a puppet character, helps us to share this message with children.

Soothing

- When children feel upset, are distressed, and cry we share our empathy with them. We talk to the children to explore what happened and their feelings and what we may be able to do to make it better.
- We know that children may be soothed by voice, through gesture, music, the use of a comforter, soft toy, special object from home and by having a known person close by.
- When it is right, we will provide close contact and a cuddle – please see our positive touch policy.
- We recognise that some children do not readily accept a cuddle – we will ensure we learn what best works for them to ensure they feel reassured and soothed.
- We encourage children to develop the skills to be able to self soothe.

Giving First Aid and Medication

- We have a full paediatric first aid trained team to be able to respond to any accidents and injuries. Please also see our Health and safety Policy.
- We will ensure that we understand the consent parents have given to be able to administer first aid.
- We will often administer kind words and TLC (tender loving care) instead of any direct medical intervention when the "trauma" can easily be managed in this way.

Dental Care

- We ensure that children drink water after their meals.
- We provide a dental information leaflet to parents.
- We alert parents if we become aware of any dental concerns – e.g. potential build-up of plaque,
- Please also read our Child Health Policy

Children who are unwell

- When a child becomes unwell, we will care for them in the moment and make them as comfortable as possible and try to keep them away from the other children to avoid any possible cross infection.
- We will contact the parent as soon as we are aware that the child is unable to manage the play environment.
- When a child has a temperature, we will contact the parent immediately to request that the child is collected to be taken home. This is for the welfare of the child, the other children, and the staff team.
- We adhere to our medication and health and safety policy.

Swaddling

- We do not swaddle babies to sleep.
- If a child needs a heavy weighted blanket to enable sleep, we will use this only when in discussion with the parents and only with children over the age of 2 years when a full care plan is in place. The blanket will be removed if the child goes to sleep.

Sleep

- We recognise when a child needs to sleep and will enable that to happen and likewise will not enforce a sleep if the child is not ready.
- We provide a sleeping area within the main nursery room at Rainbow where children play, the lighting is not adjusted.
- Babies and young children are put to sleep in a cot.
- Older children are given a sleep mat when this becomes the next appropriate developmental stage for that child.
- We will respect the normal rhythm of sleeps that a child may have at home and will seek to attune to this however will focus more closely upon the direct needs of the child at that time.
- If a child is finding it hard to settle to sleep the keyperson will return to the child to attempt to resettle – “it is time to sleep” – the keyperson may do this twice, another member of staff will then try the same approach. If the child remains unsettled, then time with the keyperson will be given away from the sleep area. The process then may be re-initiated if this is appropriate for the child and we assess them to be over-tired.
- We encourage babies and children to have the opportunity to sleep outside by siting a cot or suitable pram in the garden to enable this. Suitable bed coverings will enable this even when the weather is colder.
- We allow older children to be able to find a safe place to sleep beyond the main sleep area.
- If a child needs to be soothed by rocking, we may use a mechanical rocking aid.

Nappy Changing

- We will always ask a child before we change their nappy to introduce the language to them and to involve them in the process of recognising the need.
- We will change a child's nappy only when a child has defecated or when the nappy is very wet. This policy will remain in place throughout the course of the day and inclusive of the period immediately prior to the parent collecting the child.
- Children are checked over the course of the day to ensure that they are comfortable.

- If a child has nappy rash or an allergic response, we will change nappies more frequently and agree how to use barrier creams with parents.
- Report will be made to parents which highlights if their baby / child has had any significant changes to their norm – i.e., the need to be changed more frequently or infrequently or any nappies which may be an indicator of possible illness or allergic responses.
- We are happy that parents provide reusable nappies for their child's use, we will request that liners are provided and will return them to the parent for laundering.
- We use washable wipes as a part of our Green policy.

Child Health and Development

As a part of our duty of care we will alert parents to any concerns we may have regarding their child's normal healthy development. We may suggest that a parent seeks further medical advice for their child, or we may request that they seek a vision or auditory test to check sight and hearing. When our observations support it, we may also suggest that they take a child with a supporting letter from ourselves seeking possible paediatric referral.

Please also read our Child Health Policy

Potty and Toilet Learning

- We will provide parents of children aged from 12 months with a copy of our toilet learning information.
- We will discuss with parents when we see the signs that maybe their child is ready to come out of nappies. We know that the play environment at nursery and preschool is very different from being at home.
- We will be keen to be working alongside the parents, in partnership, to match what is happening at home as closely as possible and to progress with children at their own pace.
- We are keen that every child has the earliest possible opportunity to be able to move out of wearing nappies, we know this is better for the child, the environment, parental finances and indeed easier for the team at Daisy and Rainbow.
- We know that for a child to move successfully to using a potty and or toilet they will need to achieve body awareness and have opportunities for plenty of practice and then gain full independence.

Practical Steps

- We will put a nappy on a child, after having been encouraged to sit on the toilet first, before having a nap.
- We will introduce the child to use a toilet with a seat reducer and step stool. We encourage the toilet rather than a potty to ensure the correct sitting posture - children need to sit with feet flat and firmly supported, knees above their hips.
- Boys will be guided to sit down to wee, to avoid constipation.
- We will be supporting the child by taking them to the toilet at suitable intervals of the day - the bladder needs to be full to empty correctly. We will support children to use the toilet 20-30 minutes after meals - the most likely time for a child to poo.
- We will ensure children's fluids are kept high, note a minimum of 6 to 8 full cups of drink a day are needed spread evenly across the day. Having a full bladder will help children to recognise the feeling when their bladder is full. Water will be offered regularly across the course of the day.

- We will support children by reminding them to go into the bathroom – we know that when children are at play children may not notice or respond to the signs that they need to go to the toilet themselves.
- We are keen to support children so that they have a limited number of toileting accidents – however recognise that this may easily happen across the course of a busy day of play. We encourage parents to keep us well supplied with spare clothes during these times.
- We ensure that we use consistent language with the children – and may match the language that is used at home.
- We may access some additional resources to share with parents to support them at home – see below.
- Potty Learning <https://eric.org.uk/potty-training/>
- Childrens bowels [Children's bowels - ERIC](#)
- Childrens bladders [Children's bladder health: bladder problems and incontinence - ERIC](#)
- Toilet Anxiety [Toilet anxiety and toilet phobia in children - ERIC](#)
- NHS Guide [How to potty train - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Independence and Self-Care Being Independent Superpower

- We are keen that children become independent and can support themselves to be comfortable, hydrated, hunger satisfied, the right temperature, clean, safe, and socially presentable. We will encourage children to use their superpower and to “have a voice”, and to learn how to ask an adult to help them to get their needs met.
- We are keen that each child knows that they have a “Being Independent” superpower which we will celebrate with them as they learn these skills.
- We will be keen to encourage children from an early stage to be able to learn the skills which will lead them to be able to:
 - Recognise when they need to sleep and to go to sleep, without a caregiver’s support.
 - Carry their own bag into the setting.
 - Hang their coat and bag up.
 - Manage buttons and zips.
 - Be able to pull on their own clothes.
 - Find their own belongings.
 - Put on and take off their shoes.
 - Put on their own coat.
 - Put their own possessions away in their bag.
 - tidy away their own toys.
 - Get their own tissue and wipe their nose.
 - Take themselves to the toilet and wipe their own bottom.
 - Help themselves to water from the dispensers – pour a drink from a jug
 - Choose and spoon out their own food.
 - Support each other at the table by handing food to their neighbour.
 - Clear the table of their own plates and cutlery.
 - Recognise when to seek out an adult for support.

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Signed:

Marlene Parke