

### **Purpose:**

This is an optional form designed to give you information on how to develop operational policies for health checks if your operation conducts health checks.

### **What is a health check?**

A health check is defined as a visual or physical assessment of a child to identify potential concerns about a child's health, including signs or symptoms of illness and injury, in response to changes in the child's behavior since the last date of attendance.

### **What does the operational policy need to include?**

The written operational policy must outline your program's procedures for health checks.

### **My program does not have procedures for health checks, how do I create these?**

While the minimum standards do not specify what the procedures must include, suggested procedures include:

- When a health check is conducted
- Who conducts the health check
- How the health check is conducted
- What must be documented (if applicable)
- What happens if a child is ill or injured (is appropriate to cross reference current operational policies on illness and exclusion as well as handling medical emergencies)
- How staff will be trained to conduct health checks

### **Recommendations for health checks**

Observation of the child and communication with the child's parent or guardian are the key elements of a health check.

#### Greet the child and do the following:

- Look for:
  - Breathing difficulties
  - Severe coughing
  - Discharge from the nose or eyes
  - Changes in skin color
  - Bruising or swelling
  - Cuts, sores or rashes
- Give the child a hug or gently feel the child's cheek, forehead or neck (checking to see if child feels unusually warm or cold and clammy)
- If the child can talk then ask questions

#### Talk with the parent/guardian to find about changes in the child's:

- Sleep
- Eating and drinking
- Toileting habits
- Mood and behavior at home

### Documentation

- The health check should be documented upon completion and any changes in the child's behavior or appearance should be noted.
- There are many different ways to document health checks including the child's daily sheet, the classroom attendance record, a health check training log, or in a spiral notebook that the caregiver keeps in the room.

### **Where can I find more information about health checks?**

Additional information is available from Caring for our children: National health and safety performance standards; Guidelines for early care and education programs online at <http://www.cfoc.nrckids.org/>.