



حضانة المستكشفون الصغار
Explore. Learn. Grow.

Health, Illness, Medication & Medical Conditions Policy



Guidelines for keeping children healthy,
safe and supported at Little Explorers Nursery.



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Table of Contents

1. Purpose	3
2. Medical Conditions & Environmental Exposure.....	3
2.1 Air Conditioning and Classroom Temperature.....	3
3. Allergy Management	4
3.1 No Nut Policy	4
3.2 No Sesame Policy	5
4. Sickness Policy.....	5
5. Understanding Illness in a Group Environment.....	6
6. Illness During the Nursery Day	6
6. Return to Nursery Requirements	6
7. Antibiotics.....	7
8. Medication Policy.....	7
9. Medication Authorization Process	7
10. Medical Emergencies	8
11. Personal Hygiene.....	8
12. Policy Review	9

Health, Illness, Medication and Medical Conditions Policy

1. Purpose

The health, safety, and wellbeing of all children attending Little Explorers Nursery is a priority. This policy outlines the nursery's procedures regarding illness, medication, medical conditions, allergies, emergency medical situations, return-to-nursery requirements, and personal hygiene expectations.

As a group early childhood environment, the nursery must balance the needs of individual children with the health, safety, and wellbeing of the wider nursery community.

2. Medical Conditions & Environmental Exposure

Parents and guardians are responsible for fully disclosing any diagnosed or suspected medical condition, allergy, respiratory condition, genetic condition, developmental concern, dietary restriction, or known environmental trigger prior to enrollment and throughout their child's attendance.

This includes, but is not limited to:

- Asthma
- G6PD deficiency
- Food allergies
- Eczema
- Seizure disorders
- Anaphylaxis
- Sensory sensitivities
- Respiratory vulnerabilities
- Chronic medical conditions
- Other medically significant concerns

While the nursery will make reasonable efforts to follow documented medical instructions and minimize known risks where reasonably possible, parents acknowledge that:

- Children participate within a shared group environment.
- External environmental factors cannot always be fully controlled.
- Exposure to seasonal illnesses, dust, pollen, perfumes, cleaning products, food items, outdoor elements, or other environmental triggers may occur despite reasonable precautions.
- The nursery cannot guarantee prevention of all allergic reactions, asthma flare-ups, medical episodes, or G6PD-related reactions.

2.1 Air Conditioning and Classroom Temperature

Little Explorers Nursery utilizes air conditioning systems throughout the nursery to help maintain a safe, comfortable, and developmentally appropriate indoor environment for children and staff.

Classroom temperatures are monitored by management and adjusted as necessary to support children's comfort, wellbeing, participation, rest, and learning activities. The nursery aims to maintain temperatures within a reasonable range appropriate for group care settings and local environmental conditions.

As children attend nursery in a shared group environment, classroom temperatures are managed for the benefit of the entire group rather than individual preferences. For health, safety, operational, and environmental reasons, air conditioning systems will not normally be turned off or adjusted solely at the request of an individual family.

Parents are encouraged to dress children appropriately for an air-conditioned indoor environment and to provide additional layers of clothing if they feel their child may become cold.

While the nursery will make reasonable efforts to consider individual medical needs where supported by appropriate medical documentation, the nursery cannot guarantee individualized temperature conditions within shared classroom environments.

Parents are responsible for:

- Providing accurate medical information.
- Informing the nursery of changes to medical conditions.
- Providing required medications.
- Providing emergency action plans where applicable.
- Ensuring medications remain in date.
- Providing medical clearance when requested.

The nursery reserves the right to request:

- Additional medical documentation.
- Medical evaluations.
- Individualized care plans.
- Physician recommendations.
- Medical clearance prior to attendance.

3. Allergy Management

The nursery maintains a strict:

3.1 No Nut Policy

Including but not limited to:

- Nuts
- Nut products
- Nut butters
- Nut spreads
- Nutella

3.2 No Sesame Policy

Including but not limited to:

- Sesame seeds
- Tahina
- Sesame oil
- Sesame-containing foods

Parents are responsible for notifying the nursery of any food allergies, intolerances, dietary restrictions, or medically recommended dietary requirements.

While the nursery implements reasonable allergy-awareness measures, it cannot guarantee an allergen-free environment.

The nursery does not maintain a school nurse on-site and does not stock emergency medications unless specifically supplied by parents for their child.

In the event of a severe allergic reaction or medical emergency, emergency services will be contacted immediately.

4. Sickness Policy

Children who are unwell should not attend nursery.

Children must not attend nursery if they have:

- A fever within the previous 24 hours.
- A temperature of 37.7°C or above.
- Vomiting.
- Diarrhea.
- A persistent cough.
- Significant cold symptoms.
- Thick coloured nasal discharge.
- An unidentified rash.
- A contagious illness.
- Any condition that may place themselves, other children, or staff at risk.

Examples of contagious illnesses include, but are not limited to:

- Chickenpox
- Hand, Foot and Mouth Disease
- Conjunctivitis (Pink Eye)
- Strep Throat
- Other communicable illnesses

Parents are responsible for notifying the nursery of illness-related absences through the nursery's designated communication channels.

5. Understanding Illness in a Group Environment

Little Explorers Nursery recognizes that it can be upsetting and frustrating when children become unwell, particularly when symptoms develop shortly after attending nursery.

As a group early childhood environment, children interact closely with one another throughout the day. While the nursery implements reasonable health, hygiene, cleaning, and illness exclusion procedures, it is not possible to eliminate all exposure to common childhood illnesses.

Many illnesses may be contagious before symptoms become obvious. In some cases, a child may attend nursery while incubating an illness, develop symptoms later in the day, or attend before a parent is aware that the child is unwell. The nursery relies upon parents to follow illness exclusion requirements and to keep children at home when they are unwell or displaying symptoms of illness.

The nursery understands that arranging alternative care and taking time away from work can be challenging for families. However, attendance by an unwell child may increase the risk of illness spreading to other children, families, and staff members within the nursery community.

For this reason, families are expected to work in partnership with the nursery by following the Sickness Policy, promptly communicating illnesses, and keeping children at home when exclusion criteria apply.

While the nursery takes reasonable steps to reduce the spread of illness, parents acknowledge that exposure to common childhood illnesses cannot be completely prevented within a group-care environment and that the nursery cannot guarantee that children will not become unwell during their enrollment.

6. Illness During the Nursery Day

If a child becomes unwell while attending nursery:

- Parents will be contacted.
- The child may be separated from the group where appropriate.
- Parents may be required to collect the child promptly.
- The nursery may request medical evaluation before the child's return.

The nursery reserves the right to exclude any child temporarily where management determines that attendance may present a risk to the child, other children, or staff.

6. Return to Nursery Requirements

Children may return to nursery when they:

- Have been symptom-free for at least 24 hours where applicable.
- Are fever-free for at least 24 hours without fever-reducing medication.
- Are well enough to participate in normal nursery activities.
- No longer present a risk of infection to others.
- Meet any additional return requirements advised by a healthcare professional or the nursery.

The nursery reserves the right to request medical clearance before a child returns to nursery where appropriate.

7. Antibiotics

Children prescribed antibiotics may return to nursery when:

- At least 24 hours have passed since the first dose was administered.
- No adverse reactions have occurred.
- The child has been fever-free for at least 24 hours.
- The child is otherwise well enough to participate in normal nursery activities.

The nursery reserves the right to request medical advice or clearance where concerns remain regarding a child's fitness to attend.

8. Medication Policy

The nursery will not administer medication unless:

- A completed Medication Authorization Form has been submitted.
- The medication has been approved by administration.
- Clear written instructions have been provided.

All medication must:

- Be supplied by the parent.
- Be in the original container.
- Clearly display the child's name.
- Clearly display dosage instructions.
- Be within expiry date.

The nursery will not administer medication:

- Without written authorization.
- Beyond the prescribed dosage.
- Contrary to the manufacturer's or physician's instructions.

9. Medication Authorization Process

Parents requiring medication administration during nursery hours must:

Step 1

Contact the administration team.

Step 2

Complete the Medication Authorization Form.

Step 3

Hand medication directly to administration. Medication must never be placed inside:

- Bags
- Lunch boxes
- Bottles
- Personal belongings

Informing teachers, gate attendants, assistants, drivers, or other staff members does not constitute authorization.

Failure to follow the medication procedure may result in medication not being administered.

The nursery accepts no responsibility for medication sent without following the required procedure.

10. Medical Emergencies

In the event of a medical emergency:

- First aid will be provided where appropriate.
- Parents and emergency contacts will be contacted.
- Emergency services may be contacted immediately where deemed necessary.

Where emergency medical treatment is considered reasonably necessary for the child's immediate safety or wellbeing, parents authorize the nursery to seek medical assistance on the child's behalf.

Parents remain responsible for:

- Ambulance fees.
- Medical treatment costs.
- Hospital fees.
- Medication costs.

The nursery may request follow-up medical information or clearance prior to the child's return.

11. Personal Hygiene

Parents are responsible for ensuring children attend nursery in a clean and hygienic condition appropriate for participation in a group-care environment.

Children found to have head lice may be required to remain at home until appropriate treatment has been completed and the lice and nits (eggs) have been removed or adequately treated in accordance with current health recommendations.

For health and safety reasons, nursery staff do not trim children's fingernails or provide personal grooming services.

Where hygiene concerns are identified, the nursery may communicate with parents and request appropriate remedial action before continued attendance.

12. Policy Review

Little Explorers Nursery reserves the right to amend this policy from time to time in accordance with operational requirements, safeguarding obligations, health recommendations, and applicable legal or regulatory requirements.

The most current version of this policy shall supersede all previous versions.