Daily Health Check Procedure

Early Learning

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Puget Sound Educational Service District

Purpose
This document tells site teams how to perform daily health checks on children in their care.

Guidance
Daily health checks allow you to become familiar with what is typical for each child, reduce the spread of illness by excluding children with obvious signs of illness, and foster better communication with parents. The health check is not a diagnosis of illness or a medical exam. It is not a way to find reasons to exclude children. Occasionally, you may need to exclude a child based on your daily health check.

Procedure
Do a quick health assessment of each child every day upon arrival. The health check is done as a casual observation at your initial contact with the child. Check for easily observable, simple signs of well-being. The goal of the health check is to know your children are healthy and ready to learn.

Signs to observe
When conducting a morning health check, you should observe:
- general mood (happy, sad, cranky)
- activity level (sluggish, sleepy)
- skin color and temperature
- unusual spots or rashes
- clamminess
- swelling or bruises
- sores
- severe coughing, sneezing
- discharge from nose, ears or eyes
- breathing difficulties
- unusual behavior
- unusual odor in their breath, diaper or stool

Use findings to make decisions
If you have concerns about a child, discuss your concerns with the family immediately. It's your decision, not the parents', whether the program will accept responsibility for the ill child. If you decide that the child will remain at school, discuss how you will care for the child and at what point you will call the parent. At the end of the day inform the parent, verbally or in writing, about changes in the child's health status including activity level, appetite, food intake, bowel movements and naptime.

For Infants/Toddlers only: Document all findings and parent conversations on the *Daily Activity Chart for Infants and Toddlers* and place it in the child's file.

Related Documents
Daily Activity Chart for Infants and Toddlers

Head Start

Early Childhood Education & Assistance Program
Washington State Department of Early Learning

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Page 1 of 1