



## **DAILY HYGIENE ROUTINES IN DAYCARE**

The most common health problems of children under-school-age are various kinds of infections (cold, cough, ear infections, etc.).

Usually diseases spread through hands, coughing and sneezing.

The number of adults' and children's infections can be reduced by enhancing daily hygiene routines. It is vital to always maintain a high level of hygiene.

In order to keep your children healthy, we would like to agree on mutual hygiene routines with you.

## **REDUCING THE NUMBER OF CHILDREN BECOMING ILL**

### **HAND WASHING**

- wash the child's hands with water and soap when coming to daycare and returning to home.
- wash the hands properly
- rinse them under running water
- dry the hands on a disposable towel

### **Wash the child's hands**

- always after using the toilet
- before and after eating
- after blowing his/her nose

## **CHILD'S OWN TOYS IN DAYCARE**

- at home, wash the child's bedtime toy regularly in a washing machine
- on "Toy days", wash the toy before bringing it to daycare
- if the toy cannot be washed, do not use it for a week

## **CHILD'S DUMMY**

- agree on the child's dummy practises together with your daycare personnel
- put the child's name on the dummy
- keep dummies clean by boiling them in water on weekly basis
- bring along a plastic box with a cover for keeping the dummy

## **CHILD'S NAPPIES**

- agree on the child's nappy practices together with your daycare personnel

## **SICK CHILD**

- nurse the sick child back to health at home
- let the child recover from the illness completely (for example, one day with no temperature before coming to daycare)
- if the child falls ill during the day while in daycare, we ask you to come and take the child home to rest

Best regards,

Oulu Daycare



**Vipuvoimaa**  
EU:lta  
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Euroopan unioni  
Euroopan sosiaalirahasto



HOMELIKE OULU  
OULU OMAKSI