

Effective illness and injury management and hygiene practices are promoted and implemented.

Section 1. Early career educator



You must know

When first starting out as an educator, it's important to know some history as it will help you make sense of why we do things. Historically, there have been different reasons why children passed away.

Some common causes included **infectious diseases** like pneumonia, measles, whooping cough, tuberculosis, and polio. These diseases spread easily because vaccines weren't available, healthcare was limited, and sanitation (toileting, bathrooms, kitchens) was poor.

Lack of access to **nutritious food** and proper nutrition also led to child deaths due to malnutrition and starvation.

Newborn babies faced risks too, such as being born too early, difficulties during birth, or birth defects.

Respiratory infections like pneumonia and the flu also took many children's lives, especially in crowded and poorly ventilated areas.

Diarrheal diseases like cholera, dysentery, and rotavirus were a threat in places with poor sanitation and dirty water.

However, things have changed over time. With advancements in science, better healthcare, and improved policies, many children's lives have been saved. Educators like us play an important role in promoting children's health and hygiene to keep them safe and well.



You must practice

It's important to acknowledge and address these potential causes of death and learn how scientific development along with policies, procedures and risk assessments have saved children's lives.

We focus on managing illnesses and preventing injuries. By following guidelines from resources like *Staying Healthy in Childcare*, we take steps to ensure children are protected from contagious diseases. We also identify and minimise risks to keep children safe from harm. Our dedication to injury prevention includes supporting children in activities that might be seen as risky, while still providing supervision.

Keeping a clean and hygienic environment is another priority. We follow health authority guidelines, especially after the COVID-19 pandemic, to control infections. Educators lead by example, teaching children's healthy habits like regular handwashing and covering their mouths when they cough. By consistently following these practices, we help children develop lifelong habits that keep them healthy.

In our service, we have clear policies and procedures to maintain cleanliness. Educators practice good hygiene, including handwashing, changing diapers, and cleaning equipment. We regularly assess the cleanliness of our environment and follow guidelines for washing toys and equipment. By doing these things, we create a safe and clean place for children to learn and grow.

We collaborate with families to promote health and hygiene practices. We believe in open communication and provide families with information and resources to continue these practices at home. By addressing any concerns or misunderstandings, we work together to keep children healthy. We stay updated on the latest health guidelines and research, ensuring that our practices are based on the most current information.

Our learning and growth as educators are ongoing. We stay connected with professional networks and communities to share knowledge and learn from others. By continuously learning and improving, we make a positive impact on the health and well-being of the children in our care.

Week 18, 12 to 16 June 2023 – 2.1.2 Health practices and procedures

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Through our dedication and efforts, we strive to provide a safe and healthy environment where children can thrive and reach their full potential.

After reading these points, which one(s) do you think you doing well? Describe your practice in detail.

After reading these points, which one(s) do you think you need to work on? Describe how you could improve your practice.

Handwashing script

Educator: "Hey, everyone! It's time to wash our hands. Remember, washing our hands is super important to keep ourselves healthy and prevent the spread of germs. Let's do it together!"

Children: (gather around the sink)

Educator: "First, let's wet our hands with clean, running water. Now, we need to apply soap and lather up. Make sure to scrub all parts of your hands, including between your fingers and under your nails. Singing the 'Happy Birthday' song twice can help you remember to wash for at least 20 seconds. Great job!"

Children: (continue washing their hands)

Educator: "Now, we rinse off the soap with clean water. And finally, let's dry our hands with a clean towel or use the air dryer. Well done, everyone! Remember to wash your hands like this whenever you use the restroom or before eating."

Coughing and Sneezing Etiquette

Educator: "Hey, friends! Did you know that when we cough or sneeze, tiny droplets can carry germs and spread to others? Let's learn how to do it in a way that keeps everyone safe."

Child: "What should we do?"

Educator: "If you need to cough or sneeze, remember to cover your mouth and nose with a tissue or your elbow, like this." (demonstrates)

Child: "Why not our hands?"

Educator: "That's a great question! We cover our mouth and nose with a tissue or our elbow because it helps prevent the germs from getting on our hands. If we use our hands, we might touch other things and spread the germs around. Plus, it's important to wash our hands afterward to keep them clean."

Child: "Got it!"

Educator: "Awesome! So, if you need to cough or sneeze, remember to use a tissue or your elbow. And don't forget to wash your hands afterward. It's a simple way to help keep everyone healthy."

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