



Tender Hearts Christian Daycare Health and Safety Guidelines 2026

Illness, Prevention, and Precaution

- 1.** Morning health checks are conducted at drop-off to ensure children are well enough to attend care.
- 2.** Children showing signs of illness—including fever, persistent cough, vomiting, diarrhea, or unusual behavior—must remain home until they are symptom-free and medication-free for at least 24 hours.
- 3.** Children who require fever reducers, cough syrup, cold medicine, antibiotics, or any other medication must stay home.
- 4.** Children taking antibiotics or fever-reducing medication may not attend care until cleared by a doctor, with written documentation provided.
- 5.** Parents must notify the daycare immediately if their child has been exposed to or diagnosed with a communicable illness. Licensing requires the daycare to notify families of outbreaks while maintaining confidentiality.
- 6.** If a child becomes ill during the day, they will be separated from others, and parents will be contacted for immediate pick-up. If parents are unreachable, emergency contacts will be called.

General Health & Safety Guidelines

- 7.** Children must arrive clean, with trimmed nails, and dressed appropriately for weather conditions and daily activities.
- 8.** Children must be symptom-free and medication-free for 24 hours before returning to daycare.
- 9.** Only EpiPens with completed authorization paperwork may be administered by staff. No other medications are permitted.
- 10.** Allergy or asthma medications require a signed consent form and proper documentation on file.
- 11.** Parents who are ill during drop-off or pick-up must wear a mask to protect children, staff, and families.
- 12.** Children may never be left unattended in vehicles during drop-off or pick-up.
- 13.** Driveway and drop-off areas must remain clear to ensure the safety of all children and families.

- 14.** All bottles and bottle caps must be clearly labeled with the child's full name.
- 15.** Children's jackets and personal items must be labeled with the child's initials to prevent mix-ups.
- 16.** Each child must have a completed emergency kit on file, including the child's name, photo, and current parent contact information.

Infant Early Signs of Illness

- 17.** Feeding changes such as refusal to eat, reduced intake, or difficulty sucking or swallowing.
- 18.** Sleep or activity changes including excessive sleepiness, difficulty sleeping, or decreased interest in interaction.
- 19.** Crying or irritability that is unusual, excessive, high-pitched, weak, or difficult to soothe.
- 20.** Physical symptoms such as fever, coughing, sneezing, congestion, vomiting, diarrhea, reduced wet diapers, labored breathing, or skin changes (rash, paleness, bluish lips or fingers).
- 21.** Behavioral changes including decreased alertness, difficulty waking, weak muscle tone, or reduced responsiveness.
- 22.** Developmental concerns such as loss of previously achieved skills, reduced babbling, or lack of interest in surroundings.

When to Seek Medical Attention

- 23.** Fever of 100.4°F (38°C) or higher in infants under three months of age.
- 24.** Difficulty breathing, persistent vomiting, seizures, or signs of dehydration (no tears when crying or significantly fewer wet diapers).
- 25.** Unusual limpness, unresponsiveness, or sudden behavioral changes.