A Daily Health Check

How is it done?

Start by getting on the child’s eye level. Then

LOOK – for signs and symptoms of illness
- Changes in mood or behavior
- Change in activity or energy level, listlessness or difficulty moving
- Runny nose or eyes, drainage from open sores
- Skin changes such as a rash, swelling, bumps or redness
- Scratching, tugging at a part of the body or holding a body part

LISTEN – for complaints and unusual sounds from the child that might indicate they are not feeling well. Listen to what a parent shares about the child or other illness in the family.
- Groans
- Continual crying or unusual fussiness
- Wheezing, sneezing, labored breathing
- Hoarseness
- Coughing

FEEL – for a change in the skin that might indicate a fever or dehydration.
- Moistness
- Unusual warmth
- Skin does not spring back when slightly pinched

SMELL – for unusual odors that might indicate an underlying disease
- Fruity sweet breath
- Foul breath
- Unusual urine or bowel movement odors

If the answer is "yes" to any of these questions, the child may be ill.

At the beginning of the day when the parent is still at the facility, caregivers and parents can decide together on a plan of action to support the child’s health. If the child needs to be excluded from care then the parent can leave with the child and tend to the child’s health needs.

If the child becomes ill during the day, the caregiver should notify the child’s parents and decide together on how to care for the child. Children who are ill or contagious must be excluded from child care based on the NC Child Care Rule .0804. Parents may need to consult the child’s health care provider before a child can return to child care.

Any time child abuse or neglect is suspected, a report must be filed with DSS.


References:

The development and translation of the Daily Health Check Poster are supported by funding from the Child Care and Development Fund Block Grant of the Child Care Bureau, Administration on Children and Families, USDHHS, through a contract between the NC Division of Child Development, NCDHHS, and the Department of Maternal and Child Health, Gillings School of Global Public Health, The University of North Carolina at Chapel Hill.

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