

Task One

The role of an Early Years Practitioner in physical care is to help promote keeping children healthy, clean and to help prevent the spread of infections. Early Years Practitioners can help promote good physical care during:

- **Nappy Changing**
 - The role of an Early Years Practitioner during nappy changing is essential, the Early Years Practitioner during nappy changes helps to prevent spread bacteria and viruses as well as that it helps to prevent children from getting skin infections, babies and toddlers or children who are left in nappies that are soiled or wet for a long period might start to develop skin irritations such as nappy rash. Nappy rash in severe cases can be painful and may cause the baby, toddler or child distress. Creams should be provided by parents if their child happens to develop. Early Years Practitioners should always wash their hands before and after changing nappies, the surface use must be cleaned before and after nappy changing, during nappy changing practitioners should wear disposable aprons and gloves. Practitioners should never leave babies, toddlers or children alone on a high surface because of the risk of falling from a high height. (Tassoni, Understand The Physical Care Needs of Children - Nappy Changing, 2014)
- **Toilet Training**
 - The role of an Early Years Practitioner during toilet training is to show the children where the toilet or potty is and to let the children use the potty or toilet independently, it is also important to not constantly remind children to go as they themselves might not pick up when their bladder is full and this can result in more accidents. The practitioner should also stay calm and to not make the child feel like they have done wrong if they have an accident this can make them nervous to tell an adult when they have had an accident and possibly cause more accidents. Practitioners and parents should work together to agree whether the child is ready to be toilet trained and to discuss each day how the process is going. (Tassoni, Understand The Physical Care Needs of Children - Toilet Training , 2014)
- **Washing and Bath Time**
 - Most Early Years setting will only need to keep children's faces and hands clean if a child has had an accident the child might need to be cleaned up especially if the child soiled himself but if you are in a home-based care you will probably have responsibility to bath babies, toddlers and children before bedtime.



○ When handwashing it is important to show the children how to wash their hands most settings will have posters for the children to look at, here is one for an example:

Children must learn when to wash hands such as:

- After going to the toilet
- Before eating lunch or touching food
- After blowing their noses
- If they've been playing outside and been around dirt
- Children who are still in nappies it is important to teach them to wash their hands so they know when they are toilet trained what to do. (Tassoni, Washing and Bath Time - Hand Washing and Bath Time, 2014)

<https://www.amazon.co.uk/Washing-Hands-School-Hygiene-Poster/dp/B000F8VG50>



Children after eating food, playing outside, sneezing should wash their faces if their faces are dirty. It is important to tell children why you should wash your face. Then as soon as they are old enough you should encourage children to wash their faces by themselves. Using posters and washing your face at the same time can encourage children to want to do it themselves. (Wotton, 2017)

<https://image.shutterstock.com/z/stock-vector-cute-girl-washing-her-face-in-bathroom-vector-illustration-educational-series-see-more-in-my-18818767.jpg>

- **Showering and Bath Time** – The role of an adult will first involve talking to parents and making sure that you get all the information, involving both for the child and the parents. Parents and adults must communicate how their child likes to be bathed, whether they are bathed in the morning or in the evening. It is important to find out what bath-time products the parents use and to also find out what their routine is, if you are new in a child's life they might become unsettled therefore it is extremely important to keep that routine going to not only keep the children settled but to

also help them develop a trust with you and to also help the parents learn to trust you as well.

- The role of the adult is to also keep the child safe from scalding themselves, from falling and in the worse-case from drowning. There are ways to prevent these accidents from happening such as checking the temperature of the water before allowing children to enter the bathroom. Children can drown in very small amounts of water – two inches of water that is six centimetres. Therefore, it is important to keep children supervised when they are around water. Children can fall and hurt themselves by slipping on water, therefore it is important to keep on top of water spills and to ensure that all water is cleared up before allowing children to walk into the bathroom.
- **Care of skin, teeth and hair**
 - “Taking good care of your children’s skin can help prevent some skin issues and alert you to potential concerns in a timely manner so that you can notify your child’s doctor.” - (Lee, 2014) the role of the adult when teaching children to take care of their skin can be done by practicing good habits such as washing their hands and their face. it is important to start when they are young so children can develop good hygiene practices to carry into their teen years and beyond. Another important role of the adult is to protect children all types of weather which can affect their skin. Children’s skin is very sensitive some more than others. Children with eczema their skin tends to flare up during the winter time as it is a time when skin can become very dry due to the wind. Therefore as the adult you need to have constant contact with the parents on how to take care of their child’s skin during times when it is most inflamed, parents will give the setting the appropriate creams to use and tell the staff in the setting when to apply the cream this could be shop bought like E45 or it can be especially prescribed by doctors it is important on both ends to keep in contact if there are any changes to the child’s condition.

Other conditions during the winter can be chapped lips, sores above the lip and sores around the nose. Babies, toddlers and children tend to have a lot of moisture around their lips due to the fact they might drool a lot and sometimes they might have developed a habit therefore when it is winter time the cold can dry the lips rather quicker and can become chapped and painful, noses tend to run more during the winter and when they dry they can become sore and very red. The moisture can breakdown the protective barrier on the skin and leave skin dry and vulnerable to the cold and windy air. To help prevent this you must correspond with the family to ask what is the appropriate action to take, petroleum jelly solutions should be avoided in settings due to the risk of allergies but other methods such as lip balms can be placed around the lips, again this should be talked about with the families and records should be kept updated.

Children’s skin in the summer is also prone to injury that is why it is important to make sure that babies, toddlers and children only have limited exposure and wear appropriate clothing and accessories such as hats and sunglasses. At all times babies, toddlers and children should be covered in sun cream to protect them from the sun and to ensure they wear sunglasses and hats to protect their eyes.

“As with all skin care, parents need to agree to the application of sun cream and, in most early years’ settings they, will have be responsible for applying it.” - (Tassoni, Understand The Physical Care Needs of Children - Care of Skin, 2014)

- From as early as 0+ it is important to take care of your children’s teeth you can help take care of teeth from as young as 0+ with a special microfibre oral care product that you can use to clean babies gums to help prevent tooth decay before the first milk tooth starts to come through.



Adults can stick two fingers inside and gently massage along the gums of the infant without causing discomfort. It can also help with teething to help massage the infant’s gums.

When the children are old enough it is important to start brushing their teeth and to allow them to also them to start brushing their teeth.

It is a part of Development Matters in the Early Years Foundation Stage - Physical Development: Health and self-care

16-26 months – 40-60+ Shows a desire to help with dressing/undressing and hygiene routines, beginning to be independent in self-care, but still often needs support, shows some understanding that good practice with regard to exercise, eating, sleeping and hygiene can contribute to good health. –

The role of the adult in an Early Years Settings must think about the food they are giving the children and whether it could cause tooth decay. Foods and drinks that are high in sugar are not suitable for children’s teeth and can cause a lot of issues with the teeth developing underneath the milk teeth. Diet and cleaning play a big part in keeping children’s teeth healthy and it is important that settings follow with what parents do with their child’s brushing. Some parents might encourage their children to brush their teeth after lunch in settings this means staff and parents will need to correspond with each other on what to do; what toothpaste do they use? Do they need adult supervision?

- A lot of early years settings won't need to fully take care of children's hair but they will need to look out for headlice. Headlice are very common in children since children spend a lot of time close to each other therefore it is easy for the lice to transfer from one head to another. Headlice are a parasite that can become very distressing for the children infested with them.

Signs of a headlice infestation include:

- Itchiness of the scalp
- Scabs or blood on the scalp where it's been bitten
- Seeing the head louse or lice moving around in the hair
- White bits in the hair that do not move if they are attempted to be removed these are the empty eggs that are called 'nits'.

Adults too can also catch headlice therefore it is important to check your own hair and treat it if you as the adult become infested. It is important to report a child with headlice as soon as you spot the signs, you must inform parents and if parents don't know how you can give advice on treating headlice. It is the parent's responsibility not the settings but settings can help parents if they stuck on what to do. It is also part of the setting to inform other parents, this can be done discreetly and allow parents of other children to know there is a headlice infestation and what to look out for.

Meal Times

During meal times the role of the adult is to ensure that children are given food that is nutritious and enjoyable. The adult(s) may also have to help children in a range of ways to eat and this can be done by:

1. Encouraging children to try new foods – such as making the meals look fun by making the meals into smiley faces or making them look bright and colourable.
2. Give the children lots of praise as they attempt to try the food by themselves, even if it's trying one bite of something give a child lots of praise to ensure that they know they are doing well and therefore don't feel pressure when trying new foods and this helps them get a positive experience out of trying new things.
3. To make the food not look too full on the plate you can cut food into small pieces.

The role of the adult is important during meal times as the adult is there to also supervise the children, to look out for reactions to food or choking.

To also promote the health and wellbeing of children it is important to work together with families to ensure that if children have any allergies or intolerances the settings are kept informed with any changes to a child's condition, allergies are there for life with children but some children can grow out of intolerances or mild reactions to food, there can also be religious or cultural reasons as to why some children might be allowed certain foods and some parents might have preferences for what they want their children to eat or drink. It is important to correspond with the families so you ensure as the adult that their child is properly looked after.

- Situations in which non-routine physical care is required

Children sometimes require additional non-routine physical care, this might be because children are ill therefore parents might ask teachers who are trained to give medicines to their children during the day, some children may require their noses to be wiped if they have colds and then will need to be taught on how to dispose of the tissue properly and to also teach them to wash their hands after sneezing and blowing noses. Other situations might involve applying creams for skin conditions such as Emollient cream for eczema as mentioned above that during the winter time eczema flares up more during the winter and therefore needs to be treated during the day rather than just in the morning and night, that is where out of routine physical care will be required. Some children may be in nappies past the age of three due to medical conditions that means they might not have control over their bladder or bowel, therefore further cleaning will be required when changing someone who's older than three.

Task 3

The reason for immunisation is to ensure that the body is given immunity against illnesses, the body is injected with a safe version of the disease and this helps the immune system develop antibodies to protect itself. Antibodies mean that if the child is later exposed such as in a setting then they are ready to fight it off. Immunisation injections are considered important because over the year's injections have meant that diseases have been eradicated.

Some parents decide not to vaccinate their children because of personal choices, delaying the injections until they feel their child is old enough to understand that mum or dad don't mean them any harm and some parents decide not to because of bad experiences they may have experienced. It is important though to respect a person's choice as to why they don't inject their children even if you think it is the wrong idea.

Here is the immunity schedule:

<http://www.nhs.uk/Conditions/vaccinations/Pages/childhood-vaccination-schedule.aspx>