

# Health and Hygiene in Childcare Settings:

## A Focus on KLAY

Health and hygiene are vital components of a child's well-being, particularly in closed environments such as preschools and daycare centers. Young children are especially vulnerable to infections, and poor hygiene can lead to the rapid spread of diseases. Therefore, implementing and maintaining hygiene protocols is essential—not just for health reasons, but also to instill lifelong habits in children.

### Why Health and Hygiene Matter in Early Childhood Settings



In environments like daycares and preschools, children are in close contact while playing, eating, and learning. This increases the risk of germs spreading. Proper hygiene practices:

- Prevent common infections such as colds, flu, and stomach bugs.
- Help children develop personal responsibility and awareness about cleanliness.
- Positively affect children's physical health, social behavior, and emotional well-being.

## Key Hygiene Practices for Children

### 1. Hand Washing



Teaching children to wash their hands thoroughly before and after meals, after using the restroom, and after outdoor play helps significantly reduce infection risk.

### 2. Clean Digital Touchpoints

Regular cleaning and sanitization of devices, doors, and other commonly touched surfaces prevent contamination—especially important during peak hours.

### 3. Proper Waste Disposal

Using closed rubbish bins in classrooms and dining areas prevents used tissues and waste from becoming accessible and spreading germs.

### 4. Discouraging Sharing of Utensils

Teaching children not to share cups, spoons, and other eating items reduces the spread of germs.

### 5. Personal Hygiene Routines

Encouraging habits like brushing teeth, bathing regularly, and wearing clean clothes helps children stay fresh and healthy.

## Food Hygiene Tips



- Children must wash their hands with soap and water before eating or handling food.
- Keeping nails trimmed and clean is essential, as germs often hide beneath them.
- Educators and caregivers must monitor to ensure that children do not put their hands in unsanitary places and then touch food or their faces.

## KLAY's Commitment to Health and Hygiene

KLAY understands the importance of a clean and safe environment for young children. Their strong emphasis on hygiene protocols ensures that children are protected, while also learning the importance of staying healthy.

### KLAY's Health and Hygiene Protocols

- **Clean Environment**  
KLAY uses non-toxic, child-safe cleaning materials and maintains cleanliness in all areas, including classrooms, restrooms, and play zones.
- **Staff Hygiene Modeling**  
Educators and caregivers lead by example, practicing and encouraging good hygiene habits consistently.

## Sanitization and Health Checks

| WASHROOM INSPECTION CHECKLIST |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
|-------------------------------|------------------------------|-----------------|------|-------------------|------------------|-----------------------|-------------------------|----------------|-----------------------|-------------------|----------------------|----------------|
| Location:                     |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      | Date: 18-03-20 |
| Date:                         | CHECK STOCK<br>(as required) |                 |      |                   |                  | CLEAN & TIDY (Hourly) |                         |                |                       |                   | MOP<br>(as required) | Signed by      |
|                               | Toilet<br>paper              | Paper<br>Towels | Soap | Hand<br>Sanitizer | Air<br>Freshener | Hand<br>Lotion        | Wipe Sink &<br>Fittings | Wipe<br>Mirror | Check/Wipe<br>Toilets | Pick up<br>Litter | Empty<br>Bins        |                |
| SUPERVISOR INSPECTION         |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
| 9:00 AM                       |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
| 10:00 AM                      |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
| 11:00 AM                      |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
| SUPERVISOR INSPECTION         |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
| 12:00 PM                      |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
| 1:00 PM                       |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
| 2:00 PM                       |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
| SUPERVISOR INSPECTION         |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
| 3:00 PM                       |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
| 4:00 PM                       |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
| 5:00 PM                       |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
| Deep Cleaning                 |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
| 6:00 PM                       |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
| 8:00 PM                       |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |
| 10:00 PM                      |                              |                 |      |                   |                  |                       |                         |                |                       |                   |                      |                |

Daily temperature checks at pick-up and drop-off points, along with routine sanitization, help detect and prevent illnesses early.

- **Safe Infrastructure**

Child-friendly furniture, padded floors, and well-supervised areas reduce accidents and promote physical safety.

### Best Practices in Daycare Hygiene (As Followed at KLAY)

- **Hand Hygiene Enforcement**

Children are encouraged and guided to wash their hands frequently throughout the day.

- **Routine Cleaning and Disinfection**

High-touch areas, toys, and learning tools are regularly sanitized to prevent germ buildup.

- **Clean Restrooms**

Restroom facilities are designed for children's use and are cleaned multiple times a day.

- **Regular Health Monitoring**

Periodic health assessments ensure any signs of illness are addressed.

## The Bigger Picture:

### Teaching Healthy Habits for Life



KLAY's approach not only protects children physically but also helps them develop essential hygiene habits that extend into adulthood. These habits:

- Reduce absenteeism due to illness.
- Build social confidence through cleanliness and grooming.
- Teach respect for shared spaces and community health.
- By creating a culture of cleanliness, KLAY ensures that children are not just safe—but also thriving.