

Chickenpox and Hand, Foot and Mouth Disease Policy

At Little Stars Day Nursery, the health, wellbeing and safety of all children, families and staff is extremely important to us. We take our sickness and exclusion policy seriously and always act in the best interests of children, in line with the Early Years Foundation Stage (EYFS) requirements to promote good health and prevent the spread of infection.

We understand that childhood illnesses are common, particularly in group care settings, and that unfortunately each term often brings a wave of illness due to children mixing and building their immune systems. While this is a natural part of early childhood, we must balance this with our responsibility to protect others.

Our Commitment under the EYFS -

⚠️ In accordance with the EYFS, we are committed to:

- Promoting good health and wellbeing
- Preventing the spread of infection
- Maintaining a safe and healthy environment
- Safeguarding vulnerable children, staff, and visitors, including pregnant and expectant mothers
- Ensuring children are well, happy and able to take part in nursery activities

⚠️ Chickenpox -

- Chickenpox is a highly contagious illness that spreads easily through coughs, sneezes, and contact with fluid from blisters.

⚠️ Our Policy:

- Children with chickenpox must not attend nursery
- Children are required to remain at home for 1-2 weeks
- Children may return only when fully recovered, including:
- All blisters have dried and crusted over
- The child is fever-free
- The child is well, comfortable and happy to engage in normal nursery activities

⚠️ Safeguarding Considerations -

⚠️ Chickenpox can pose serious risks to:

- Pregnant women
- Newborn babies
- Individuals with weakened immune systems

For this reason, strict exclusion is essential to protect the wider nursery community.

⚠️ Hand, Foot and Mouth Disease (HFMD)

- Hand, Foot and Mouth Disease is a common childhood illness but spreads very easily in early years settings through close contact, saliva, and surfaces.

⚠️ Our Policy:

- Children diagnosed with Hand, Foot and Mouth Disease must not attend nursery
- Children must remain at home for 1–2 weeks
- Children may return only once fully recovered, including:
- Blisters and sores have healed and dried
- No raised temperature
- The child is feeling well, settled and happy to return to nursery routines

⚠️ Why Exclusion Is Necessary -

- While we appreciate that exclusions can be inconvenient, they are essential to:
- Reduce further spread of infection
- Protect babies, vulnerable children and staff
- Safeguard expectant mothers
- Support a healthy nursery environment for everyone
- Children who are unwell are also unable to fully enjoy or benefit from nursery activities and need rest and comfort at home.

⚠ Working in Partnership with Parents -

👉 We kindly ask parents to:

- Inform the nursery as soon as their child is diagnosed with an infectious illness
- Keep children at home for the full exclusion period
- Ensure children are fully recovered and well before returning
- Your cooperation helps us protect the whole Little Stars community.

📢 In Summary:

Little Stars Day Nursery follows EYFS guidance on health and wellbeing
Chickenpox and Hand, Foot and Mouth Disease require 1-2 weeks exclusion
Children must be fully recovered, well and happy before returning
Our approach supports safeguarding, infection control, and good health

Thank you for your understanding and support in helping us maintain a safe, caring and healthy environment for all.