

## DAILY HEALTH CHECK

**POLICY:** The childcare provider will have a daily conversation with the parent/guardian upon arrival concerning the child's health and well-being for that day. The health status of each child will be assessed and recorded daily.

**PURPOSE:** To assure early recognition and intervention of illness.  
To understand what has transpired in the child's previous 24 hours.  
To maintain a safe and healthy environment for all children and staff.  
To assist program staff in meeting all children's needs.  
To comply with licensing regulations.

### **PROCEDURE:**

1. Determine the status at home of:
  - a. Eating
  - b. Sleeping
  - c. Mood/Behavior
  - d. Stool
  - e. Urine
  - f. Other
2. Conduct a daily health check of the child, observing by sight, sound, touch, and smell. Examine the child, fully clothed, in the presence of the parent. Assess in order:
  - a. Head - **Look** for evidence of lice, injury, poor hygiene, skin discoloration, or rash.
  - b. Eyes - **Look** for watery, red, runny eyes, or any sores/lumps on lids.
  - c. Ears - **Look** for any drainage, tugging the ear, or swollen area.
  - d. Nose - **Look** for sores or drainage. **Listen** for congestion.
  - e. Mouth - **Look** for sores, cracked lips, dryness, rash, bright red tongue, white patches. **Listen** for hoarse voice, coughing. **Smell** for foul breath.
  - f. Neck - **Feel** for skin temperature or swollen glands. **Look** for stiffness.
  - g. Back/Chest/Arms - **Look** for evidence of pain. **Listen** for cough or congestion. (Only if there is some reason would you remove the clothes to look at these parts.)
  - h. Tummy/Bottom/Legs - **Look** for limping or swollen tummy (Only if there is a reason, you may remove the clothes to look for evidence of pain/swelling.)

3. Discuss any concerns with the parents/guardians. Document the findings of both conversations and observations on:
  - a. Child's Daily Wellness Record (See C-4)
  - b. Child's Daily Attendance/Health Check Record (See C-5)
4. The records will be kept in the classroom as a guide for care that day.
  - a. The Child's Daily Wellness Record will be filed in the child's classroom file at the end of the week and will be available for review per licensing requirements and center policy.

Daily Health Checks in Early Care and Education Programs, UCSF Resource:  
[Daily Health Check](#)

