



Daily Health Check

Revised 2020



- Early educators should complete a health check of every child, every day:
- as soon as the child enters the facility and before the parent/guardian leaves
 - anytime there is a noticeable change in a child's behavior or appearance

Conducting the Daily Health Check

1. Ask the parent/guardian if, since last in care, the child or any household members have had any:
 - signs or symptoms of illness or injury
 - accidents, unusual events, or injuries
 - mood or behavior changes
2. At eye level, observe and speak to the child. Look for signs of illness, injury, or changes in mood or behavior.
3. Talk to the parent/guardian about any concerns as the child may need to be seen by a health care professional.
 - Exclude the child from care if necessary
 - If maltreatment is suspected, contact the local Department of Social Services

Mood/Behavioral Health

- Complaining of not feeling well
- Continually crying, exhibiting unusual fussiness or clinginess
- Eating, drinking, or sleeping more or less than usual
- Change in the child's mood, behavior, or energy level

Children can share their feelings by pointing to the face that matches their mood.



Happy



Scared



Calm



Mad



Excited



Sad



Nervous



Frustrated

LOOK



LISTEN



FEEL



SMELL



Physical Health

Signs of fever or infectious illness

- Increased temperature
- Skin warm or hot to the touch
- Sweating, having chills, or cheeks flushed

Eyes, Nose, Ears

- Discharge from eyes, ears, or nose
- Sneezing
- Rubbing eyes, ears, or nose

Mouth

- Changes in appearance of mouth, gums, or teeth
- Dry mouth
- Unusual odors from mouth or breath
- Difficulty swallowing, excessive drooling, or complaining of sore throat

Chest

- Shortness of breath or difficulty breathing
- Coughing
- Wheezing, grunting or making other unusual sounds
- Complaining of chest pain

Stomach/Urinary System

- Nausea or vomiting
- Two or more stools above what is normal for the child
- Blood or mucus in the urine, vomit, or stool
- Stools that are not contained in a diaper
- Accident by a child who is normally toilet trained
- Unusual urine output (too much or too little)
- Unusual or foul odor from the child's urine or stool

Skin

- Changes to the skin color (pale, flushed, or bluish)
- Rashes, spots, sores, bruising, redness, swelling
- Pain when touched
- Itching or discharge
- If lice outbreaks, any nits?

