



Mackay Leisure Centre Child Minding

Information for Parents

Cost

Free for parents attending Morning Squash (Morning squash is \$12.50 or \$10 for Squash Club Members)

Sign in

All children must be signed in and out by their parent/guardian.

At first sign in a form must be completed with their details, any medical info, food allergies and any other special requirements.

Under no circumstances can you leave the centre without your child.

If there are any changes to info provided to us, then the form will need to be updated.

Attached to this document is a "too sick for day care" info sheet. Please consider if your child is healthy and well enough to attend the child minding.

Food and Bottles

All food and bottles need to be labelled or written on with a permanent marker with the child's name.

Cold food/milk needs to be handed to staff to be put into the fridge. We have multiple fridges on site that have regular temperature checks completed.

As we won't be aware of some child's allergies till the day of sign in, we ask that you please don't bring in food for your child that contains Nuts. We will let you know if any other children have allergy issues that you need to be made aware of.

If you are bringing your own food that requires utensils, please provide those.

Activities

Activities will greatly depend on the age of your child. We'll mostly play in the fenced children's area in the Ten Pin Bowling alley with Toys and Books. If you are happy for us to do so we will also play Ten Pin with them.

Location

The children will not be removed from the Bowling Alley section until you sign them out.

Only exceptions to this will be in the event of an Emergency or in the event we need to bring your child to you in Squash.

Water

Water will be provided and available to all children (unless you specify your baby can't have water)

If your child can't drink from a cup, we ask you supply a bottle/sippy cup etc

Staff

All staff who will be watching your child will hold a current Blue Card. At least one staff member will also hold First Aid training. Maximum ratio of children to staff will be 7:1 with considerations for children's ages. Bookings are essential for child minding.

Toilets/Nappies

There is a section on your Child Info sheet where you need to advise us of what toileting requirements your child has. It's entirely up to you if you would like us to assist with taking your child to the toilet or changing your child's nappy (In the parents room) or we can bring your child to you to use the toilet or have their nappy changed.

Too sick for daycare?



Think Pharmacy First.
Ask Your Pharmacist.

While this information has been checked by a pharmacist, it is a guide only.

Ask yourself:

- ◆ Is my child well enough to comfortably take part in the day's activities?
- ◆ Will my child pass on their illness to other children or staff?
- ◆ Will my child's carer be able to care for my child without it impacting on their ability to care for other children?
- ◆ If I felt like this, would I go to work?

If you are unsure, speak to your pharmacist or doctor for advice.








Go to daycare



Could be catchy. Some restrictions for daycare




Don't go to daycare








Symptom	What to consider	Go to daycare?	Treatment
Fever	Children and older infants with a temperature of 38.5° or more		Give plenty of fluids and stay home until temperature is normal. Your pharmacist can provide advice on the most appropriate analgesic and formulation for your child. If your child seems worse or there's no improvement in 48 hours, see a doctor or visit the hospital.
Diarrhoea	If your child has 2 or more consecutive bowel motions that are loose or watery. They may also have stomach cramps.	For at least 24 hours after diarrhoea has stopped 	Diarrhoea is a fairly common problem that usually lasts only a day or two. Diarrhoea must be monitored as it can cause dehydration which is potentially very dangerous in children. Your pharmacist can provide advice on the most appropriate treatment for an upset tummy, including advising on oral rehydration salt formulations. They can refer you to a doctor if more treatment is needed or the hospital for severe diarrhoea.
Vomiting	If your child has vomited more than twice in 24 hours.	For at least 24 hours after vomiting has stopped 	Watch for signs of dehydration and encourage small amounts of fluid frequently. Your pharmacist can provide advice on oral rehydration salt formulations and can refer you to a doctor if more treatment is needed or the hospital for severe vomiting.
Cough	This will depend on the severity of the cough. Trouble breathing, wheezing or a harsh cough can be the sign of something more serious such as bronchitis, pneumonia or whooping cough.		If your child has a severe cough, take them to see a doctor. If the cough is not severe your pharmacist can help you to identify whether your child has a 'productive' or 'dry' cough and a suitable treatment for them.
Rash	A skin rash could indicate a contagious infection such as chicken pox or impetigo.		A doctor should evaluate your child before sending them to daycare.

Visit www.findapharmacy.com.au to find your nearest community pharmacy




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Red eyes	Is the eye red and watery? The eyelids may also stick together on waking. This could be conjunctivitis which is highly contagious.		Unless your doctor has diagnosed a non-infectious cause, keep your child home from daycare while there is discharge from the eye and speak to your pharmacist about a suitable product.
Stomach ache	This can often be hard for you to judge as it could be caused by a number of things including constipation and even anxiety. If there are no other symptoms such as vomiting or diarrhoea, you might consider sending the child to daycare.		You might ask your child if there is anything making him or her sad or worried.
Sore throat	A sore throat and runny nose, but no other symptoms.		You can also speak to your pharmacist about products suited to your child's age to help relieve a stuffy nose and soothe their sore throat.
Earache	Evaluate along with other symptoms, such as a fever. Common conditions of the ear include infection, inflammation and wax build up and some of these can be quite painful and uncomfortable.		Your pharmacist can provide advice on treatment options and refer you to a doctor where necessary.
Runny nose	A runny nose, but otherwise fine.		Speak to your community pharmacist about whether there is a suitable product, such as a chestrub and nasal relief product to help ease your child's stuffy nose.
Itchy scalp	Head lice can cause intense itching. They live and breed on the scalp and are easily passed from student to student.		Your local pharmacy will stock special combs as well as shampoos, cream and other products which contain a special insecticide.
Hay Fever	Some of the symptoms can include sneezing; a runny or stuffy nose; itchy ears, nose and throat; red, itchy or watery eyes and headaches.		Your pharmacist can help you choose the best medicine for your child's symptoms. This may be a nasal spray, eye drop or oral antihistamines. Some of these medications should not be taken with other medications.

Medical Action Plans

Asthma	Your child has been diagnosed with asthma.		Provide the daycare with your child's Asthma Action Plan and follow the daycare's policies with regards to medicine storage. Your pharmacist can also help ensure your child's asthma inhaler technique is correct.
Anaphylaxis	Your child has been diagnosed with anaphylaxis.		Provide the daycare with your child's Anaphylaxis Action Plan and follow the daycare's policies with regards to medicine storage.
Diabetes	Your child has been diagnosed with diabetes.		Most students with diabetes can participate fully in daycare activities. Make sure the daycare has your child's updated management plan. Speak to your pharmacist to make sure you (and your child if they are old enough) understand how to test their blood sugar; how to manage insulin levels and how to treat high and low blood sugar levels.

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Children's Information Form

Child's Full Name

Child's Date of Birth

Home Address

Emergency Contact
Name

Emergency Contact
Phone Number

Details of any
Medical Issues,
Food Allergies or
other special
requirements

Toileting
requirements

Parents
Name

Parents
Phone Number

Parent
Signature