DAILY HEALTH CHECK

Instructions

When a child comes into the setting, observe child and/or ask the parent the following questions:

Be at the child’s level so you can interact with the child even if talking with the parent.

1. Check:
   - **Behavior**: typical or atypical for time of day and circumstances
   - **Appearance**:
     a. **Skin**: pale, flushed, rash (feel child’s skin by touching gently)
     b. **Eyes, Nose, Mouth**: is there discharge, is the child rubbing eyes nose or mouth note color.
     c. **Breathing**: normal or different: is there a cough

2. Ask parent:
   a. How the child seemed to act at home
   b. Did the child sleep well the night before
   c. Did the child have anything to drink/eat today
   d. Were their eating/drinking habits normal previous to arrival
   e. Any problems with urination/bowel movements
   f. Any unusual events that might influence the child’s behavior (death of pet, change in family structure, etc.)