

Daily Health Check

Do the daily health check when you greet each child and parent as they arrive. It usually takes less than a minute. Also observe the child throughout the day.

LISTEN: Greet the child and parent. Ask the child, “How are you today?” Ask the parent, “How are you doing? How’s (name of child)?” “Was there anything different last night?” “How did he sleep?” “How was her appetite this morning?”

- Listen to what the child and parent tell you about how the child is feeling.
- If the child can talk, is he complaining of anything? Is he hoarse or wheezing?

LOOK: Get down to the child’s level to see her clearly. Observe signs of health or illness.

- **General appearance** (e.g., comfort, mood, behavior, and activity level)
 - Is the child’s behavior unusual for this time of day?
 - Is the child clinging to the parent, acting cranky, crying, or fussing?
 - Does she appear listless, in pain or have difficulty moving?
- **Breathing**
 - Is the child coughing, breathing fast, or having difficulty breathing?
- **Skin**
 - Does the child look pale or flushed?
 - Do you see a rash, sores, swelling, or bruising?
 - Is the child scratching her skin or scalp?
- **Eyes, Nose, Ears, Mouth**
 - Do the child’s eyes look red, crusty, goopy, or watery?
 - Is there a runny nose?
 - Is he pulling at his ears?
 - Are there mouth sores, excessive drooling, or difficulty swallowing?



FEEL: Gently run the back of your hand over the child’s cheek, forehead, or neck.

- Does the child feel unusually warm or cold and clammy?
- Does the skin feel bumpy?

SMELL: Be aware of unusual odors.

- Does the child’s breath smell foul or fruity?
- Is there an unusual or foul smell to the child’s stools?

From Preventing and Managing Communicable Disease, US Department of Health and Human Services, Administration for Children and Families, Module III.