



What to do: if your child is unwell



How to know when to keep your child home from the Centre

A sniffle. A cough. A sore throat. Children can quickly come down with illnesses big and small. Some are contagious, some are not. If your child is presenting the below symptoms, it's best to stay home. Just give us a call and we can reschedule your appointment.

Ask these questions before your visit.

To know whether your child should stay at home, we suggest answering these quick questions:

1. **Does your child have a fever?**

Fevers of 38°C or more are generally a sign of illness, so children should stay home from the Centre.

2. **Is your child feeling well enough**

to participate in their one-on-one or group session, or attend Pre-School? If they seem out of sorts, lethargic, or not quite themselves, they might not fully benefit from the session and may not have a positive experience.

3. **Do you think your child has a contagious illness**, such as the flu, HFM, RSV, Covid or conjunctivitis? If so, keep them at home until they're no longer infectious.

4. **Does your child have discharge** coming from their ears? If so, keep them at home and make an appointment to see your GP.

When children should stay home.

Fever helps fight infections. Keep your child home if their temperature is 38°C or higher, and wait until they're fever-free before returning.

Diarrhoea is often caused by infection, food poisoning or medications. Keep children home until stools are formed and the doctor approves. Keep your child well hydrated.

Vomiting is usually from a virus or infection, keep your child home if they've vomited twice or more in 24 hours. They can return once symptoms clear or the doctor gives clearance.

Severe cough / cold may signal croup or other contagious conditions like viral bronchitis and whooping cough. It could also indicate asthma or allergies. Keep your child at home if symptoms are severe.

Sore throats can be a symptom of strep or a common cold. If your child has been diagnosed with strep throat, keep your child at home for at least 24 hours after starting antibiotics.