

Day Home Guidelines

Day homes are places where child care services are offered in a caregiver's own home. Follow this checklist of best practices for day home providers to operate a day home safely. The following items are mandatory, except where noted as a recommendation.

Keep children safe

- Keep a basic (Type P) first aid kit available in the home and on field trips. Contents are outlined in the Alberta OHS Code - [OHS Act, Regulation and Code | Alberta.ca](#).
- Cover electrical outlets with approved safety covers.
- Secure dangling cords from blinds and other window coverings, and secure electrical cords away from children's reach.
- Secure televisions, shelving, dressers, and other furniture to prevent it from falling on a child.
- Lock away chemicals, medications, and other dangerous objects.
- To prevent scalding, keep hot water temperature for baths and showers at or below 49C (recommended 43C). Keep all other hot water taps at or below 54C (recommended 49C).
- Keep area around hot water tank free of clutter and combustibles.
- Prevent children's access to the laundry room.
- Remove dangerous objects from the yard and around the home. Consider toxicity of plants - <https://myhealth.alberta.ca/Alberta/Pages/non-toxic-and-toxic-plants-in-alberta.aspx>.
- Identify and repair tripping or fall hazards throughout your home (examples: stairs, uneven flooring, loose carpet, slippery floors). Keep gates secured at the top and bottom of all accessible stairways.
- Verify that baby furniture and toys meet Health Canada's safety standards - [Consumer products and cosmetics - Canada.ca](#)

Recommendations

- Supervise the use of any outdoor pools. Provide safety equipment for pool (examples: throwing ring, reach pole). Complete a course in pool operation and maintenance.*
- Provide a puncture proof container for sharps disposal, if needed.*
- Review a fire evacuation plan with children. Maintain fire extinguishers, smoke detectors and carbon monoxide detectors in good working condition.*
- Clean and service furnace every 2 years.*
- Generally, keep children out of the kitchen. Supervise them when they do use it.*

Recommendations continued...

- Do not use trampolines - <https://myhealth.alberta.ca/Alberta/Pages/trampoline-safety.aspx>.
- Install and maintain protective fall surfacing under and around play structures -
- Eliminate entrapment, entanglement and protrusion hazards on play equipment.
- Complete a course in basic health & safety for child care- <https://www.albertahealthservices.ca/eph/Page3151.aspx>.

Prevent the spread of disease

- Provide hand soap and single use towels for handwashing.
- Keep toilets and sinks clean and in good condition.
- Keep beds, cribs, cots or mats sanitary and in good condition.
 - Machine wash bed linens between uses by children and/or household members.
- Space mats apart while children are sleeping.
- Have sanitizer or low-level disinfectant available. Clean and sanitize surfaces, equipment and toys. For directions, use Health and Safety Guidelines for Child Care Facilities - <http://www.albertahealthservices.ca/assets/wf/eph/wf-eh-health-safety-guidlines-child-care-facilities.pdf>.
- Provide a separate space for diapering children. Follow proper diapering procedures and practices - <https://www.albertahealthservices.ca/assets/wf/eph/wf-eph-diapering-procedure-poster.pdf>.
- Protect your home from mice, flies and other pests.
 - Choose a supervised area to separate a child that is ill from the rest of the children. Arrange to have the child picked up as soon as possible.

Recommendations

- Test sanitizer strength with a test strip before use.
- Avoid placing clean laundry in baskets used for dirty laundry. Label baskets "For clean laundry only".
- Avoid contact between toothbrushes, hair combs, and brushes. Each item should be stored separate from one another.
- Use individual separate wash cloths and towels for each child.
- Wash hands after touching animals, animal waste, or any related animal supplies.
- Take animals to routine vet examinations and vaccination.

Keep food safe

- Always keep hot and cold potable water available in the kitchen.
- Protect food from unsafe conditions (dirt, dust, broken glass, insects, sneezing, coughing).
- Store foods in sanitized food grade containers. Use food grade packaging material to wrap or cover foods (examples: aluminum foil, plastic wrap, wax paper).
- Do not store food in washrooms.
- Store potentially hazardous food (examples: meat, fish, poultry, eggs, dairy products, cooked vegetables, cooked rice) below 4°C or above 60°C.
- Use smooth, durable, easily cleanable, sanitized countertops and cutting boards for food preparation.
- Clean and sanitize all food equipment and keep in good condition.
- Wash, rinse and sanitize all food preparation equipment before each use.
- Two-compartment sink, or a one-compartment sink, and domestic dishwasher are available.
- Practice good personal hygiene. Wash hands with soap and use paper towels to dry prior to handling food.
- Purchase food from permitted and licensed businesses only. Avoid using home canned foods, except for fruit jams, jellies, and pickles.

Recommendations

- Keep a thermometer in the fridge close to the door. Check the temperature of the fridge often.*
- Use a thermometer to measure internal temperature of cooked food.*
- Keep animals out of kitchen and food storage areas.*
- Do not store food in the laundry room, unless it is prepackaged and protected from contamination.*
- Keep animal food, cleaning equipment and supplies separate from your food.*
- Complete course in basic food safety - <http://www.albertahealthservices.ca/eph/Page3151.aspx>.*

Provide safe overnight care

- Provide additional storage for items needed for overnight care (e.g. Extra clothing, pyjamas, tooth brushes, brush/comb etc.). Children's items should be stored separately from each other and household items.
- Clean and disinfect the bath or shower between each use.
- Protect food from unsafe conditions (dirt, dust, broken glass, insects, sneezing, coughing).
- Ensure furniture used for sleeping is safe. <https://www.canada.ca/en/health-canada/services/consumer-product-safety/reports-publications/consumer-education/your-child-safe/sleep-time.html>.
- Protect sleeping surface with a washable mattress cover if the individual is nighttime incontinent.
- Install smoke alarms just outside sleeping areas and in operational condition.
- Ensure all bedrooms (overnight sleeping areas) have a window or door that provides access to the outside, or a sprinkler system for fire safety. Bedroom window openings must be at least 3.8 square feet, with no dimension less than 380 mm (15"). Windows security bars must be equipped with quick release devices or installed to be opened without tools or special knowledge.

Recommendations

- Have a plan for children that may become sick overnight.*

Contact us at 1-833-476-4743 or [submit a request online](#) at ahs.ca/eph.

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