

# Going to Daycare with CF

Many children with CF go to daycare and it is something that can be well managed with a little bit of planning and good communication. We have created this checklist to help you when choosing a daycare and some things you might want to consider.

## Choosing a centre

Organise a tour of a few day care centres to find one you like and discuss if they will be able to support your child's needs.

It is also important to find out if there are any other children with CF attending the centre. Multiple children with CF often can be managed with good cross infection strategies.

## Educating the staff

Educating staff about CF is important so they understand the needs of your child at daycare. It will be an ongoing process and will need to be revisited regularly with changes to your child's treatment plan, changes in staff or your child changing rooms within the centre.

Staff should have a good understanding of:

- **Medications** required during daycare- enzymes, salt solution, vitamins and/or antibiotics. Make a plan about how and when medications should be given.
- **Dietary requirements**- do they need high fat, high calorie, high salt diet? Will they need additional snacks?
- **Bowel issues/toilet needs**- discuss what is normal for your child.
- **Infection risks and hygiene practices**- Good infection control and hand hygiene can reduce the spread of germs. Discuss the importance of this.



Also talk through any environmental risks such as wet areas, mulch, mud or animals and how this can best be managed.

- **Dehydration**- Ensuring access to water and extra salt, particularly in hot weather or when active. Avoid water fountains.
- **Cross infection**- If another child with CF enrolls, discuss how this will be managed to keep both children safe.

CFWA can help educate staff about the individual needs of your child. We have free online [eLearning modules](#) and [factsheets](#) for educators as well as a [CF Action Plan](#) which can be personalised to detail your child's symptoms, required medications and dietary needs.

Contact us to complete a personalised plan for your child. CFWA can also provide a meeting/education session with staff if preferred.

## Enzymes at daycare

If your child requires enzymes, it is important to set up a good communication system that works for both you and the staff. You will need to provide the centre with information on enzyme dosage for each meal and snack. Regular communication with staff each day is important.

## Other considerations

Illnesses like coughs and colds are unfortunately common in daycare settings. Your child, like all of their classmates, are likely to pick up some of the bugs and illnesses that go around. Good hand hygiene is the best way to reduce the spread of germs. You should also make sure your child is up-to-date with routine immunisations. This is a national standard for children attending daycare. Influenza vaccine is also recommended, particularly for children with CF.

## Useful resources

- [CFSmart](#)
- [CFWA School & Community Education](#)