



Headlice

Rational

Headlice are a fact of life where ever children meet (childcare, kindergarten, school, friends, relatives, sports etc.) They are easy spread as they jump across from head to head and can easily infect every member of the family. Headlice are easy to treat although the eggs can be difficult to remove. Your child only needs to be excluded until treated and then they may return to kindy. Treatment must be redone 5 weeks later.

It is impossible to guarantee that your child will never get headlice however remember that it is not a sign of dirty hair as lice prefer clean hair.

Procedure

When kindy staff notices that your child is scratching their head they will investigate the reason for the scratching.

If eggs or lice are found, you will be contacted to collect your child for treatment. Your child may return after the treatment as concluded.

If you discover eggs or lice in your child's hair please inform the kindy so that other parents may be informed,

Treatment

Commercial treatment are available so just follow the directions, remember that you need to treat the whole family and repeat the process 5 weeks later. Eggs must be removed through combing.

A cheaper alternative that works is hair conditioner. Apply the conditioner to dry hair and comb through. Leave in dry overnight and wash out the following morning. Again comb out any eggs (they should be easier to remove).

Prevention

One method of prevention is to keep hair very short as it is easier to spot and clean eggs.

Tying hair back in a plait or ponytail makes it harder for lice to jump across heads.

Hairspray or lavender oil may help prevent lice jumping across as well. But mostly regularly checking your child's hair helps control the spread.