
Ticks – advice for parents

As the children at Into The Woods are always clothed in long trousers, long sleeves and boots, the risk of them getting bitten is much reduced. However, you need to be aware that this is still a possibility.

Firstly, to reassure you somewhat – the chances of finding a tick on your child are low. And then only a very small proportion of those ticks carry bacteria that cause disease (including Lyme Disease). But as Lyme Disease is a serious illness, it is important that we lower this risk as far as possible.

What you need to do

Appropriate clothing

Ensure that your child wears the following to every nursery session:

- Long sleeves
- Waterproof trousers
- Socks – not really short/trainer socks
- Boots

Checking for ticks

You – or whoever picks up your child – should check them for ticks after each session. Check on their clothes (and brush any off) and on their skin, being particularly careful to check around the neck, in and behind the ears and along the hairline. At their smallest, ticks can be like a poppy seed (see image), but can also be bigger, depending on their stage of development and how long they have been feeding. See the links below for more detail.



What to do if you find a tick

If you find a tick attached to your child's skin, you need to remove it immediately. We have tick removal tools in our first aid bags, so ask one of the practitioners for help if you are still nearby. If you find the tick later on, then you need to remove it straight away, using a tick removal tool or fine tweezers.

But you do need to **be careful about how you remove ticks**. So for more information on how to remove a tick see the links below, or just search online if this document isn't to hand.

Further info on ticks and tick removal

- [Tick awareness – Public Health England – tick information including what do if you find a tick](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/694158/PHE_Tick_Leaflet.pdf)
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/694158/PHE_Tick_Leaflet.pdf
- [Ticks in Britain \(Lyme Disease Action\)](https://www.lymediseaseaction.org.uk/wp-content/uploads/2012/10/lda004-2.pdf)
<https://www.lymediseaseaction.org.uk/wp-content/uploads/2012/10/lda004-2.pdf>