

Allergies, Intolerances and Allergic Reactions

At **Tiddly Winks Nursery** we are aware that children may have or develop an allergy resulting in an allergic reaction.

We aim to ensure intolerance and allergic reactions are minimised or, where possible, prevented and that staff are fully aware of how to support a child who may be having an allergic reaction.

Our procedures

- All staff are made aware of the signs and symptoms of a possible intolerance or allergic reaction in case of an unknown or first reaction in a child. These may include a rash or hives, nausea, stomach pain, diarrhoea, itchy skin, runny eyes, shortness of breath, chest pain, swelling of the mouth or tongue, swelling to the airways to the lungs, wheezing and anaphylaxis. Staff are trained in appropriate treatments for allergies and anaphylaxis, the differences between allergies and intolerances and that children can develop allergies at any time, especially during the introduction of solid foods
- Before a child is admitted to the setting we obtain information about special dietary requirements, preferences, food allergies and intolerances that the child has
- We have ongoing discussions with parents and, where appropriate, health professionals to develop allergy plans for managing any known allergies and intolerances. We ask parents to inform staff of any allergies or intolerances discovered after registration
- We share all information with all staff involved in the preparing and handling of food, including at mealtimes and snack times and keep an allergy register in the kitchen
- We ask parents/carers to share all information about intolerances or allergic reactions and allergies on child's registration form and to inform staff of any allergies discovered after registration.
- We share all information with all staff and keep an allergy register in the kitchen.
- Where a child has a known intolerance or allergy, the nursery manager will carry out a full Allergy Assessment Procedure with the parent prior to the child starting the nursery and/or following notification of a known intolerance or allergy and this assessment is shared with all staff. This may involve displaying photos of the children along with their known intolerance or allergies in the kitchen/nursery rooms, where applicable.
- We have risk assessed our kitchens' allergens & because of the nature of our food operation, we cannot fully guarantee that any food will be completely free from allergens.
As far as possible, food prepared for a child with a specific allergy is prepared in an area where there is no chance of contamination and served on equipment that has not been in contact with this specific food type, e.g. nuts
- The manager, nursery cook and parents/carers work together to ensure a child with specific food intolerances allergies receives no food at nursery that may harm them. This may include designing an appropriate menu or substituting specific meals on the current nursery menu.
- At each mealtime and snack time we ensure staff are clear who is responsible for checking that the food being provided meets all the requirements for each child
- Where deemed appropriate, staff will sit with children who have intolerances or allergies and where age/stage appropriate staff will discuss food allergies with the children and the potential risks.
- A L2 or L3 qualified member of staff who is based in the child's room and is aware of their dietary requirements must be designated as the responsible person to monitor children with known intolerances or allergies throughout the meal time and should wear a red apron to signal their role.
- Children with known *life-threatening* allergies (such as those who have been prescribed an epi-pen) should have their food plated up by the chef in the kitchen and transferred to their room and served

by a L2 or L3 qualified member of staff who is based in the child's room and is aware of their dietary requirements.

- Children with known intolerances or allergies should be seated first at meal times, with a staff member, in front of a personalised red placemat which clearly displays their name, photo and details of their allergy.
- Children with known intolerances or allergies should have their food and drink served using red plates, bowls and cups.
- Where children with known intolerances or allergies are not yet able to serve their own food and drink, they should be served by a L2 or L3 qualified member of staff who is based in the child's room and is aware of their dietary requirements. Children who are able to self-serve should be supervised by a L2 or L3 qualified member of staff who is based in the child's room and is aware of their dietary requirements.
- If a child has an intolerance or allergic reaction to food, a bee or wasp sting, plant etc. a paediatric first-aid trained member of staff will act quickly and administer the appropriate treatment, where necessary. We will inform parents/carers and record the information in the incident book and on the allergy register
- If an allergic reaction requires specialist treatment, e.g. an EpiPen, then at least two members of staff working directly with the child and the manager will receive specific medical training to be able to administer the treatment to each individual child.

Food Information Regulations 2014

- We incorporate additional procedures in line with the Food Information Regulations 2014 (FIR) including displaying our weekly menus on the Parent Information Board. Allergen information is available on request;

In the event of a serious allergic reaction and a child needing transporting to hospital, the nursery manager/staff member will:

- Call for an ambulance immediately if the allergic reaction is severe. Staff will not attempt to transport the sick child in their own vehicle
- Ensure someone contacts the parent(s) whilst waiting for the ambulance, and arrange to meet them at the hospital
- Arrange for the most appropriate member of staff to accompany the child, taking with them any relevant information such as registration forms, relevant medication sheets, medication and the child's comforter
- Redeploy staff if necessary to ensure there is adequate staff deployment to care for the remaining children. This may mean temporarily grouping the children together
- Inform a member of the management team immediately
- Remain calm at all times and continue to comfort and reassure the child experiencing an allergic reaction. Children who witness the incident may also be well affected by it and may need lots of cuddles and reassurance. Staff may also require additional support following the incident.
- Where a serious incident occurs and a child requires hospital treatment, Ofsted will be informed.

This policy is reviewed at least annually in consultation with staff and/or after a serious incident.