

Allergies and Allergic Reactions

EYFS: 3.47, 3.45

At Coin Street Nursery we are aware that children may have or develop an allergy resulting in an allergic reaction. Our aims are to ensure 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

- Our staff are made aware of the signs and symptoms of a possible 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 receive appropriate training on allergies and anaphylaxis, the difference between allergies and intolerances, and the fact that children can develop allergies at any time, particularly during the introduction of solid foods.
- Before a child is admitted, we ask parents to provide information on the registration form about the child's special dietary requirements, preferences, food allergies and intolerances. Parents must inform staff of any allergy or intolerance identified after registration. We maintain ongoing discussions with parents and, where appropriate, relevant health professionals to develop and review an individual allergy management plan.
- We share all relevant information with staff and keep an allergy register on our nursery management system and in the nursery office. Information is also shared with everyone involved in preparing, handling and serving food, including at meal and snack times.
- Where a child has a known allergy, the Deputy Head of Early Years will complete a full allergy risk assessment with the parent before the child starts and/or as soon as the setting is notified of the allergy, and share it with all relevant staff. Where appropriate and with due regard to confidentiality, the child's photograph and known allergy may be displayed in agreed staff-only areas, such as the kitchen or nursery room, to support safe practice.
- All food prepared for a child with a specific allergy is prepared in an area where there is no chance of contamination and served using equipment that has not been in contact with the allergen, for example nuts or gluten. Ingredient information and labels are checked before preparation and service, and suitable separation, cleaning and handwashing controls are used to minimise cross-contact.
- The nursery leadership team, nursery chef and parents will work together to ensure a child with specific food 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 every meal and snack time, the responsible staff member must check that the food provided meets each child's dietary and allergy requirements before it is served.

- Seating will be monitored for children with allergies. Where deemed appropriate, staff will sit with children who have allergies and where age/stage appropriate staff will discuss food allergies and the potential risks
- If a child has an allergic reaction to food, an insect sting, a plant or another trigger, a paediatric first aid trained member of staff will act quickly and administer treatment in accordance with the child's individual allergy management plan, where applicable. We will inform parents and record the event on the incident form and update the allergy register and risk assessment as necessary.
- If an allergic reaction requires specialist treatment, such as a prescribed adrenaline auto-injector, at least two members of staff working directly with the child and the manager will receive child-specific training to administer it. Medication must be readily accessible, stored safely in accordance with the child's plan, clearly labelled and within its expiry date. If anaphylaxis is suspected, staff must use the prescribed auto-injector without delay, call 999 and state "anaphylaxis", keep the child lying flat with legs raised unless breathing difficulty requires the child to sit up slowly, and give a second prescribed auto-injector after five minutes if there is no improvement and one is available. The child must not stand or walk.
- In the event of the auto-injector or single dose medicine being used, new medication must be provided before the child can return to nursery and new forms completed.

Food Information Regulations 2014

We follow the Food Information Regulations 2014 and current food allergen requirements. Allergen information is kept accurate when recipes, ingredients, suppliers or menus change, and staff involved in food preparation and service receive appropriate allergen training.

- We will display our weekly menus on the Parent Information Board and will identify when the 14 allergens are used as ingredients in any of our dishes.

Transporting children to hospital procedures

The nursery leadership team/staff member must:

- Call for an ambulance immediately if the allergic reaction is severe. DO NOT attempt to transport the sick child in your own vehicle
- Whilst waiting for the ambulance, contact the parent(s) 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, continue to comfort and reassure the child, and monitor them until the ambulance arrives. Children who witness the incident may also be affected and need reassurance. Staff may require additional support afterwards. Following the incident, the management team will review what happened, update the child's allergy plan and risk assessment where needed, and share learning with relevant staff.

Where a serious incident occurs and a child requires hospital treatment, the registered provider will consider and make any required notification to Ofsted and other relevant agencies within the applicable timescale.

This policy will be reviewed at least annually, in consultation with staff and parents where appropriate, and sooner following a serious incident, a change in legislation or guidance, or identified learning from practice.

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>October 2021 Updated Sept 25 Reviewed August 2026</i>	<i>Jane Christofi</i>	<i>August 2027</i>