



## **Allergies and Allergic Reactions Policy**

At Little Explorers Day Nursery and Preschool, we recognise that some children may have, or develop, allergies that could result in mild to severe allergic reactions. Managing allergies effectively is part of our safeguarding duty to ensure all children's health, safety and wellbeing at all times.

We are committed to minimising risks, preventing exposure to allergens wherever possible, and ensuring all staff are confident and competent in recognising and responding to allergic reactions, including anaphylaxis.

### **Our Procedures**

#### **Identification and Information Sharing**

- Parents/carers must inform the nursery of any known allergies at the point of registration and provide full details of symptoms, triggers and treatment.
- Parents must update the nursery immediately if a new allergy is identified or if there are any changes.
- All allergy information is recorded and shared with relevant staff.
- An up to date allergy register is maintained and clearly displayed in key areas, including: Office, Kitchen, Cocoons, Acorns, Caterpillars and Butterflies rooms.
- Where appropriate, children's allergy information and photographs may be displayed discreetly within rooms and the kitchen.

#### **Individual Care Plans and Risk Assessments**

- Every child with a diagnosed allergy will have an Individual Allergy Care Plan in place before starting, or as soon as the allergy is identified.
- Care plans are created in partnership with parents/carers and, where appropriate, healthcare professionals.
- Care plans clearly outline:
  - Allergens and triggers
  - Signs and symptoms
  - Required medication and dosage
  - Emergency procedures
- Care plans are regularly reviewed and updated.

- A risk assessment is completed for each child with an allergy to minimise exposure to allergens within the environment, activities and daily routines.

### **Food Management and Prevention of Cross-Contamination**

- Food for children with allergies is prepared and handled separately to prevent cross-contamination.
- Dedicated utensils, preparation areas and serving equipment are used where required.
- Staff follow strict hygiene procedures, including thorough handwashing and cleaning of surfaces before and after food preparation and mealtimes.
- Children are not permitted to share food, drinks, utensils or dummies.
- Seating arrangements may be adapted to reduce risk and ensure close supervision.
- Menus are adapted where necessary, and alternative meals are provided in partnership with parents.
- The nursery manager, cook and parents/carers work together to ensure all dietary needs are safely met.

### **Food Information Regulations (FIR) 2014 Compliance**

We comply with FIR 2014 by:

- Displaying weekly menus for parents/carers.
- Clearly identifying and labelling foods that contain any of the 14 recognised allergens.
- Ensuring staff are aware of allergen content in all meals and snacks provided.

### **Medication and Consent**

- Written parental consent must be obtained prior to administering any medication, including antihistamines and adrenaline auto-injectors (EpiPens).
- Medication must be:
  - Prescribed by a medical professional (where applicable)
  - In date
  - Clearly labelled with the child's name
- All allergy medication is stored in a clearly labelled, secure but easily accessible location known to all staff.

- Medication is checked regularly to ensure it remains in date.
- Staff administering medication will record all details in line with the nursery's medication procedures.

### **Staff Training and Awareness**

- All staff receive training in recognising the signs and symptoms of allergic reactions, including anaphylaxis.
- Staff working directly with children hold a paediatric first aid qualification, in line with EYFS requirements.
- Staff are trained in the safe use of adrenaline auto-injectors (EpiPens).
- Regular refresher training and updates are provided to ensure staff knowledge remains current.

### **Recognising Allergic Reactions**

Staff are trained to recognise symptoms including:

- Rash, hives or itchy skin
- Swelling of the face, lips, tongue or airway
- Runny or itchy eyes
- Nausea, vomiting, stomach pain or diarrhoea
- Wheezing, shortness of breath or chest tightness
- Dizziness or collapse
- Anaphylaxis (severe, life-threatening reaction)

### **Responding to Allergic Reactions**

#### **Mild to Moderate Reactions**

- A paediatric first aider will assess the child immediately.
- Prescribed medication (e.g. antihistamine) will be administered in line with the child's care plan and parental consent.
- The child will be closely monitored.
- Parents/carers will be informed as soon as possible.

#### **Severe Reactions (Anaphylaxis)**

- An ambulance will be called immediately.
- An adrenaline auto-injector (EpiPen) will be administered without delay, in accordance with the child's care plan.
- A second dose will be given if required, following medical guidance.
- Parents/carers will be contacted immediately and asked to attend the hospital.
- A member of staff will accompany the child to hospital with:
  - Medication
  - Care plan
  - Relevant records
  - A comfort item where appropriate

### **After an Incident**

- All incidents are recorded in the incident records and allergy register.
- Parents/carers are informed on the same day.
- Ofsted will be notified without delay if the incident meets reporting requirements.
- Staffing arrangements will ensure children remain adequately supervised and statutory ratios are maintained at all times.
- A debrief will take place to review procedures and identify any improvements.
- Staff involved will be offered appropriate support following the incident.

### **Supporting Children**

- Children are supported in an age-appropriate way to understand allergies and how to keep themselves and others safe.
- Staff promote inclusive practice to ensure children with allergies feel safe, confident and included in all activities.

### **Review**

This policy will be reviewed at least annually, or sooner if:

- There is a significant incident
- Guidance or legislation changes
- Practice within the setting is updated

Staff and parents/carers may be consulted as part of the review process.

<b>This policy was adopted on</b>	<b>Reviewed</b>
<i>24/01/2022</i>	<i>4th May 2026</i>