



Allergies and Allergic Reactions Policy

At Little Explorers, we are aware that some children may have, or develop, allergies that could result in mild to severe allergic reactions. We aim to minimise or, where possible, prevent allergic reactions through clear procedures and staff training, and to ensure all staff are confident in supporting a child who may be experiencing a reaction.

Our Procedures

- All staff are trained to recognise the signs and symptoms of allergic reactions, including rash, hives, nausea, stomach pain, diarrhoea, itchy skin, runny eyes, shortness of breath, chest pain, mouth/tongue swelling, airway swelling, wheezing, and anaphylaxis.
- Parents/carers must inform the nursery of any known allergies at registration and update staff of any new allergies as they arise.
- Allergy information is recorded and shared with all staff. Allergy registers are maintained and clearly displayed in relevant rooms: Office, Cocoons, Acorns, Caterpillars, and Butterflies.
- For children with known allergies, an Individual Care Plan is created in partnership with parents before the child starts or as soon as the allergy is known. This is shared with all staff.
- Where applicable, children's photos and allergy information may be displayed discreetly in kitchen and nursery rooms, with parental consent.
- Food for children with allergies is prepared separately to prevent cross-contamination and served on dedicated utensils and plates.
- Menus may be adapted or substituted to meet allergy needs. The nursery manager, nursery cook, and parents will collaborate to ensure all dietary restrictions are met.
- Seating arrangements may be adapted to reduce risk. Staff may sit with children with allergies and discuss allergies with them to promote awareness and understanding.
- In the event of an allergic reaction (e.g. from food, insect stings, or environmental triggers), a paediatric first aider will provide immediate care, including administering prescribed medication such as antihistamines or EpiPens if required.
- All incidents will be recorded in the incident book and on the allergy register. Parents will be informed as soon as possible.
- All staff working directly with children receive paediatric first aid training, including anaphylaxis response and EpiPen use. Each child with a high-risk allergy will have a care plan agreed with parents and the nursery management.
- We have a strict Lunchbox policy to ensure we keep our children safe from food brought into the setting.

Food Information Regulations (FIR) 2014 We comply with FIR by:

- Displaying weekly menus on our website.
- Identifying and clearly labelling dishes that contain any of the 14 named allergens.

Emergency Allergic Reactions Requiring Hospital Treatment In the event of a serious allergic reaction:

- The nursery will call an ambulance immediately.
- Parents/carers will be contacted without delay and asked to meet the child at the hospital.
- A suitable member of staff will accompany the child to the hospital with relevant medical records, medication, and a comfort item.
- Staff deployment will be reviewed and adjusted to ensure ongoing ratios are maintained.
- A member of the management team will be informed.
- Staff will remain calm, reassure the child, and support any other children who may be affected by witnessing the incident.
- Staff involved may be offered emotional support or debriefing afterwards.
- If hospital treatment is required, Ofsted will be notified in accordance with statutory requirements.

Review This policy will be reviewed at least annually, and earlier if there is a serious incident or change in medical or regulatory guidance. Consultation with staff and parents will be part of the review process.

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| This policy was adopted on | Signed on behalf of the nursery | Reviewed |
| 24/01/2022 | grobertsdyer | 15th May 2025 |