

Allergies and Allergic Reactions

EYFS: 3.45, 3.46, 3.48, 3.49

At **Castle Lane Day Nursery** we are aware that children may have or develop an allergy resulting in an allergic reaction.

We aim 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

- All 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
- We ask parents to share all information about allergic reactions and allergies/intolerances on child's registration form and to inform staff of any allergies discovered after registration.
- Parents complete a Health Care Plan. Listing clearly the allergies and signs/Symptoms of a reaction. We then ask for parents to provide a Health Care Plan from the Paediatric team. The Health Care Plan is reviewed every 6 months.
- Parents also complete an allergy/intolerance/preference sheet that lists clearly the food that the child can not consume. The Sheet also lists what symptoms may present if food is consumed.
- The rooms then display the child's photo and listed allergies on boards in the room and a laminated sheet attached to their food trollies in their rooms.
- We share all information with all staff and keep an allergy register in the kitchen cupboard.
- Kitchen staff ensure they have a daily sheet of the children whom have allergies within each nursery room. Allergy dishes are then sent out on the food trolley
- Where a child has a known severe allergy that requires an Epi Pen, the nursery manager will carry out a full Allergy Risk Assessment Procedure with the parent prior to the child starting the nursery and/or following notification of a known allergy and this assessment is shared with all staff.
- All 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
- Staff use Red place mats to highlight that children have an allergy. This is placed in front of the child during all snack and mealtimes.
- Staff serve the children with Allergies or intolerances first- once staff have put on their apron and gloves, they serve the food for allergies children and then serve the remainder of the children.
- Children are served food in Red bowls/Trays for meal and snack times in the rooms.
- The manager, nursery cook, and parents 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.

- Seating is 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 with the children and the potential risks
- If a child has an 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 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.

In the event of a serious allergic reaction and a child needing transporting children 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.

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

Last updated: June 2025