



# ALLERGIES AND ALLERGIC REACTIONS POLICY

We understand that children may have or develop an allergy that results in an allergic reaction and at Snug Nursery Schools we take all allergic reactions and intolerances seriously. Our aim is to ensure that the risk of a reaction is minimised and where possible prevented, so we ensure that all staff are pediatric first aid and Epi-pen trained making them fully aware of how to support a child who may have an allergic reaction.

## Our procedures:

Staff are aware of the signs and symptoms of possible allergic reactions so that if an unknown first allergic reaction occurs they know how to act upon and deal with this.

This may include: a rash or hives, nausea, stomach pain, diarrhoea, itchy skin, runny/stinging eyes, shortness of breath, chest pain, swelling of lips, mouth or tongue, swelling to airways or lungs, wheezing and anaphylaxis.

All allergic reactions are treated seriously, and we take the following steps to ensure that we act in the most appropriate way: -

- Before children start with us parents are required to share information regarding allergies and allergic reactions on their child's registration form. Where a child has an Allergy or Intolerance diagnosed from the GP we would require written documentation from the medical professional stating what the allergy is, signs and symptoms and action needed to be taken.
- A care plan is carefully designed to identify signs and symptoms and measures to be taken in the event of a reaction that is individual to that child, which is stored on the child's Blossom profile, so it is easily accessible. A paper copy will also be prominent in the room if the allergy requires the use of an Epi-pen with clear steps of action to be taken in the event of a reaction.
- Allergy information is shared with staff, and all dietary requirements are visible on Blossom. The nursery chef is aware of all allergies and keeps an up to date allergy register in the kitchen.
- The nursery manager and chef work together in accordance to the care plan which ensures any child with specific food allergies does not receive foods that could potentially harm them. This means that an appropriate menu is designed or certain meals may be substituted on the current menu.
- We take all reasonable steps to ensure cross contamination does not happen. This is achieved through having separate serving areas, cutlery, cooking utensils and crockery in the kitchen for children with allergies.
- Staff monitor seating and sit with children with allergies to ensure close supervision and reduction of food sharing between children. We use a colour coded system with placemats at mealtimes to help to identify children with allergies and from a young age children understand what colour placement they have.
- Children are supported in understanding food allergies and as soon as they are old enough to understand we discuss the potential risks of sharing food with a child that has an allergy.
- Only allergies that parents have informed the setting of through written notice will be followed and any new potential allergies that occur will be monitored, recorded and reported to parents.

In this instance we would advise parents seek medical guidance on identification and care plan that is individualised to their child.

- Parents are asked not to bring food or medicines (in the exception of prescribed- please also see our administration of medicine policy and Food policy) into Snug due to the variety of allergies children may have.
- In the case of an allergic reaction to food, bee/wasp sting, plants, etc a first aid trained member of staff will act quickly and administer the appropriated medical treatment. Parents are always informed and information of the reactions and incident is documented on Blossom.
- Allergic reactions that require specialist treatment (i.e, epipen) staff working directly with that child will receive medical training that is specific to that child's medication. As the child moves through the nursery staff within that room will receive updated medical training on the administration of that medication. As our commitment to keeping children safe we ensure that all staff are Pediatric first aid trained within the first 3 months of joining use which includes the use of Epi-pens.
- In the event that a child requires hospital treatment staff will follow the procedure for transporting children to hospital as set out in the Accident and first aid policy.
- When trips and outings offsite happen particular care is taken to ensure that all medication goes, a pediatric first aid trained member of staff and someone trained in specific medication administration (epipen) attends. Any snacks and packed lunches are carefully and clearly labeled, staff supervise children closely and are alert to the possibilities of food sharing, accessing food from unknown sources and insect/ wasp/ bee stings. This will form part of the wider risk assessment for offsite activities (Trips and outings)

The manager on duty will be informed of and involved in the management of all allergic reactions.