

## Allergies and intolerances in early years

**Children at your setting may have or develop a food allergy resulting in an allergic reaction.**

To minimise or, where possible, prevent allergic reactions it is important that:

- All childcare staff are fully aware of how to support a child who may be having an allergic reaction, including the signs and symptoms
- Parents are asked to share all information about allergic reactions and allergies on a child's registration form and to inform staff of any allergies discovered after registration
- The names and allergies of children are shared with all staff and displayed
- Where a child has a known allergy, the nursery manager will carry out a full Allergy Risk Assessment Procedure with the parent prior to the child starting the nursery and shares this assessment 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
- The manager, nursery cook 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
- 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, a bee or wasp sting, plant etc. a first-aid trained member of staff will act quickly and administer the appropriate treatment, where necessary. Parents are to be informed and details recorded 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.



**Children may also have food intolerances, which may result in symptoms such as tummy aches and rashes.**

Again, all staff should be aware of the symptoms of these and work in partnership with parents to help prevent them.

This may include:

- Designing an appropriate menu or substituting specific meals on the current nursery menu
- Supporting the parents with completing a food diary
- Signposting to GP or specialist.