

Allergies and Allergic Reactions Policy



Nurture and Grow Childcare

POLICY STATEMENT

This policy aligns with the latest **Early Years Foundation Stage (EYFS) statutory framework**, the **Equality Act 2010**, the **Health and Safety at Work Act 1974**, and the **Food Information Regulations (FIR) 2014**. It ensures that all necessary precautions are taken to prevent allergic reactions, and that staff are equipped to respond effectively if one occurs.

At Nurture and Grow Childcare we are aware that children may have or develop allergies resulting in an allergic reaction. We aim to ensure that allergic reactions are minimised or, where possible, prevented and that staff are fully trained to support a child experiencing an allergic reaction.

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., which may include:
 - Rash or hives
 - Nausea, stomach pain, diarrhoea
 - Itchy skin, runny eyes
 - Shortness of breath, wheezing, chest pain
 - Swelling of the mouth, tongue, or throat
 - Anaphylaxis (severe, life-threatening reaction)
- Staff are trained in appropriate treatments for allergies and anaphylaxis, the differences between allergies and intolerances and that children can develop allergies at any time, especially during the introduction of solid foods
- Before a child is admitted to the setting we obtain information about special dietary requirements, preferences, food allergies and intolerances that the child has
- We have ongoing discussions with parents and, where appropriate, health professionals to develop allergy plans for managing any known allergies and intolerances. We ask parents to inform staff of any allergies or intolerances discovered after registration.

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- We share all information with all staff involved in the preparing and handling of food, including at mealtimes and snack times and keep an allergy register in **on Blossom and in the kitchen**.
- Where a child has a known allergy, **the Head of Nursery Operations will conduct an allergy risk assessment** in collaboration with the parents before the child starts or as soon as the allergy is known. This assessment is shared with all staff.
- If appropriate, the child's allergy information may be displayed discreetly in the kitchen and nursery rooms.
- All food for children with allergies is **prepared separately** to prevent cross-contamination.
- The nursery **Chef, Manager and Parents** work together to design an appropriate menu for children with allergies.
- Seating arrangements may be adjusted to reduce risk, with staff ensuring safe eating environments.
- At each mealtime and snack time we ensure staff are clear who is responsible for checking that the food being provided meets all the requirements for each child
- Seating is monitored for children with allergies. Where deemed appropriate, staff will sit with children who have allergies and, where appropriate, staff will discuss food allergies with the children and the potential risks
- If a child has an allergic reaction to food, insect bites, or environmental triggers:
 - A **paediatric first aid trained staff member** will act immediately and administer treatment as required.
 - Parents will be informed, and the incident recorded in the **incident log and allergy register** on Blossom.
 - If an EpiPen is required, **at least two staff members working with the child must receive specific medical training**.

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Food Information Regulations (FIR) 2014

To comply with FIR 2014:

- **Weekly menus** with allergen information for all meals are displayed on the **parent information board, nursery website, or online system**.
- The **14 key allergens** (e.g., nuts, dairy, gluten, eggs) are clearly identified in all nursery food preparations.

Serious Allergic Reactions & Transport to Hospital

If a child experiences a **severe allergic reaction** requiring urgent medical attention:

- **An ambulance will be called immediately**—staff will not transport the child in their own vehicle.
- **A staff member will accompany the child** to the hospital with:
 - Registration forms
 - Medication details
 - The child's comforter (if applicable)
- Parents will be contacted immediately and advised to meet at the hospital.
- Staff will be redeployed as needed to ensure proper care for remaining children.
- **Ofsted will be informed** if a child is taken to the hospital.
- **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

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Review and Record Keeping

- A **clear record** of all allergy-related incidents is maintained and reviewed to identify patterns or areas for improvement.
- This policy is **reviewed annually** or following any significant allergic reaction incident.

This policy was adopted on	Signed on behalf of the nursery	Date for review
19 th August 2025	Tracey Doidge	18 th August 2026