



Allsorts Childcare Allergies Policy

Purpose

At Allsort we take all allergies seriously and ensure we minimise the risk of any child coming into contact with a known allergen.

Procedure

Before a child is admitted to Allsorts, we obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements. This information is shared with all staff involved in the preparing and handling of food. At each mealtime and snack time there is a nominated member of staff who is responsible for checking that the food being provided meets all the requirements for each child.

We ask that parents provide us with all information about their child's known allergies including signs and symptoms of a reaction, and how to support the child if an allergic reaction should occur.

Parents should inform staff if an allergy develops after their child is already registered with Allsorts.

Staff at Allsorts complete mandatory paediatric first aid training, which includes a module on allergies and are therefore aware of the signs of an allergic reaction.

These may include:

- Rash or hives.
- Shortness of breath or chest pain.
- Itchy skin.
- Nausea, diarrhea or stomach pain.
- Runny nose or eyes.
- Swelling of the tongue, eyes or airways.
- Wheezing.
- Anaphylaxis.

Where a child has a known allergy, the Childcare Director and/or Setting Manager will carry out a full risk assessment prior to the child starting the nursery and share this assessment with all staff.

We share all allergy information with all staff and keep a list of all children's allergies in the rooms within the settings.

Allsorts has ongoing discussions with parents and/or carers and, where appropriate, health professionals to develop allergy action plans for managing any known allergies and intolerances. This information is kept up to date and shared with all staff.

All staff are aware of the symptoms and 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/weaning. We refer to the NHS advice on food allergies: Food allergy - NHS (www.nhs.uk) and treatment of anaphylaxis: Anaphylaxis - NHS (www.nhs.uk).

Children at all settings bring in their own lunch and snack, however, food is provided for breakfast and after school club children, and fruit snack is provided for the baby room at our Brackenbury setting.

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 plates/bowls that has not been in contact with the allergen. Staff and parents will work together to ensure a child with specific food allergies receives no food at nursery that may harm them.

All settings have a nut-free policy including those foods that contain nuts such as peanut butter, cereal bars, hazelnut chocolate spread etc.

Allergic Reactions

If a child has an allergic reaction whilst in our care, a member of staff will act quickly and administer the appropriate treatment, where necessary.

Allsorts has antihistamine for all ages of the children we care for that can be administered if needed. If an allergic reaction requires specialist treatment, e.g. an EpiPen, then at least two members of staff working directly with the child will receive specific medical training to be able to administer the treatment to each individual child.

We will inform parents and record the information on Famly.

If a child has a severe allergic reaction, staff will call an ambulance and immediately contact the child's parents.