

Early Start Allergies and Allergic Reactions

At **Early Start Education Ltd (Early Start)** we are aware that children may have or develop an allergy resulting in an allergic reaction. Our aims are 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. EYFS: 3.47, 3.45

Our procedures

- We will follow guidance issued by Allergen UK in monitoring and managing allergies and allergic reactions in the nursery
- We give parents a copy of the menu on registration and display our weekly menus on the Parent Information Board. These identify when the 14 allergens are used as ingredients in any of our dishes
- We ask parents to share all relevant health information including about allergic reactions and allergies with us; in conversation and recorded on their child's registration form
- We ask parents to inform staff of any allergies discovered or new health information after registration and throughout the time of their enrolment with us
- Our 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: all of which could develop into anaphylaxis
- Staff are required to share all information about their own allergic reactions and allergies
- We share all information with all staff and keep an allergy register in **the kitchen and in the room the child is based**
- Where a child has a known allergy, the nursery manager will carry out a full Allergen Protocol with the parent(s). The nursery will require the parents to provide an Allergen Action Plan from their GP/medical practitioner. These documents will be shared with all staff
- We will look to confirm whether a child has an allergy or an intolerance to certain foodstuffs (lactose intolerance being a key example) and/or is a fussy eater and work in partnership with the parents accordingly in the best interests of the child
- All food prepared for a child with a specific allergy is prepared in an area where there is low chance of cross contamination; prepared and served using equipment that has not been in contact with the specific food type(s), e.g. nuts
- The manager, nursery staff 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 subject to agreement

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- 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. We will inform parents and record the information in the incident book and on the allergy register
- If an allergic reaction requires specific treatment, e.g. an EpiPen, this would only be administered, with parental consent, by staff who have received the specific training to be able to administer the treatment.
- If the allergic reaction is severe, an ambulance should be called immediately and the nursery manager/staff member would follow the transporting children to hospital procedures.