

Allergies, Allergic Reactions and Anaphylaxis Policy

Statement of Intent

At The Orchard Day Nursery Kingston we are committed to promoting the good health, safety and wellbeing of every child. We recognise that food allergies, intolerances and other allergic conditions can be life-threatening and require careful planning, effective communication and prompt action.

We work closely with parents, carers and health professionals to ensure every child with a known allergy, intolerance or medical dietary requirement is able to participate fully and safely in nursery life.

We are committed to creating an inclusive environment where children are protected from avoidable risks whilst enjoying a wide range of experiences.

Legislative Framework

This policy reflects the requirements of:

- Early Years Foundation Stage (EYFS) Statutory Framework
- Food Safety Act 1990
- Food Information Regulations 2014
- Natasha's Law (Food Information (Amendment) (England) Regulations 2019)
- Health and Safety at Work etc. Act 1974
- Equality Act 2010
- Working Together to Safeguard Children (2023)

This policy should be read alongside our:

- Managing Medicines Policy
- Healthy Eating Policy
- Food Safety and Hygiene Policy
- Safeguarding and Child Protection Policy
- First Aid Policy
- Health and Safety Policy.

Our Commitment

We will:

- Identify allergies before children start nursery
- Work in partnership with families and health professionals
- Ensure all staff understand allergy management
- Minimise the risk of allergen exposure
- Respond promptly to allergic reactions
- Regularly review procedures and individual healthcare plans.

Individual Allergy Management

Before a child starts nursery, parents will be asked to provide detailed information regarding:

- allergies
- intolerances

- medical conditions
- dietary requirements
- prescribed medication
- emergency treatment plans.

Where a child has a diagnosed allergy, an Individual Healthcare Plan and Allergy Risk Assessment will be completed with parents and, where appropriate, healthcare professionals.

The plan will include:

- Allergens to avoid
- Signs and symptoms
- Emergency treatment
- Medication required
- Storage of medication
- Emergency contact details
- staff responsibilities.

Plans will be reviewed at least annually and immediately following any change in a child's condition or treatment.

Staff Training

All staff receive training appropriate to their role, including:

- Recognising allergic reactions
- Recognising anaphylaxis
- Understanding the difference between allergies and intolerances
- Avoiding cross-contamination
- Emergency procedures
- Administration of emergency medication where appropriate.

Staff supporting children prescribed adrenaline auto-injectors (such as EpiPen®, Jext® or Emerade® where applicable) will receive practical training and competency updates.

New staff will receive allergy procedures as part of their induction.

Daily Procedures

Children's allergy information will be clearly available to relevant staff whilst maintaining confidentiality.

At the beginning of each session:

- staff will check allergy information
- kitchen staff will confirm dietary requirements
- room staff will confirm correct meals before serving
- any agency or temporary staff will be informed of relevant allergies.

There will always be a final visual check before food is served.

Food Preparation

We take every reasonable step to prevent cross-contamination.

This includes:

- Preparing allergen-free meals separately where necessary
- Using separate utensils and equipment where appropriate
- Thoroughly cleaning preparation areas
- checking ingredient labels every time food is prepared
- ensuring substitute foods are suitable
- clearly identifying meals prepared for children with allergies.

Where food is supplied by external providers, allergen information will be obtained before serving.

For any food prepared on site and prepacked for direct sale (PPDS), allergen labelling will comply with Natasha's Law.

Introducing New Foods

When introducing new foods, particularly for babies and younger children, we will work closely with parents to ensure foods are introduced safely and in accordance with family preferences and current health guidance.

Where appropriate, parents may be asked to introduce high-risk allergens at home first following healthcare advice.

Activities Involving Food

All planned cooking and sensory activities involving food will be risk assessed.

Staff will:

- Consider allergies before planning activities
- Adapt activities so all children can participate
- Provide suitable alternatives where required
- Ensure children are not excluded unnecessarily.

Mealtimes

Mealtimes will be carefully supervised.

Staff will:

- Check children's meals before serving
- Supervise children appropriately
- Encourage good hygiene practices
- Discourage food sharing
- Support children to understand allergies in an age-appropriate way whilst promoting kindness and inclusion.

Medication

Emergency medication will:

- Always be readily accessible
- Never be locked away if this delays emergency treatment
- Be stored according to manufacturers' guidance
- Accompany children on outings
- Be checked regularly for expiry dates.

Parents remain responsible for ensuring medication supplied is in date and replacing it before expiry.

Allergic Reactions

If a child develops signs of an allergic reaction, staff will:

- Remain calm
- Immediately inform the Nursery Manager
- Assess the severity of symptoms
- Follow the child's Individual Healthcare Plan
- Administer emergency medication if required and staff are trained to do so
- Call 999 immediately if anaphylaxis is suspected
- Contact parents as soon as possible
- Continue to monitor and reassure the child until emergency services arrive.

No child experiencing suspected anaphylaxis will be transported to hospital in a private vehicle.

Where an adrenaline auto-injector has been administered, an ambulance will always be called.

A member of staff will accompany the child to hospital if parents have not yet arrived, taking:

- emergency medication
- healthcare plan
- emergency contact details
- relevant medical records.

Following an Incident

After any allergic reaction, the nursery will:

- Complete an incident record immediately
- Inform parents immediately via telephone (Not leaving a voicemail) Then adding onto the incident form which parent was spoken to and at what time
- Review the Individual Healthcare Plan
- Review risk assessments
- Identify any learning
- Provide additional staff training if required.
- Inform Deputy Operations Manager (Dimitra)
- Inform Ofsted

Where required under the EYFS, notifications will be made to Ofsted and other relevant agencies.

Outings

Before every outing, staff will ensure:

- Emergency medication is taken
- Healthcare plans accompany the child
- Staff responsible understand emergency procedures
- Suitable food arrangements are in place.

Partnership with Parents

Parents are expected to:

- Inform the nursery immediately of any new allergy or diagnosis
- Provide prescribed medication
- Replace expired medication before expiry
- Attend review meetings when requested
- Provide updated medical advice where appropriate.

Monitoring

The Nursery Manager will regularly monitor:

- Allergy records
- Healthcare plans
- Staff training
- Medication checks
- Food preparation procedures
- Incident reports.

This policy will be reviewed annually or immediately following changes in legislation, national guidance, medical advice or any significant allergic incident.

This policy was adopted on	Signed on behalf of the nursery	Date for review
<i>05/08/2026</i>	F.Joyce	<i>December 2026</i>