Allergies and Allergic Reactions

At **Millfield** 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. We ensure that:

- Children's food is prepared and provided in line with their individual needs, developmental stage and any agreed care or allergy plans
- Staff understand and consistently apply arrangements for managing allergies, food intolerances and dietary requirements.

Our 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. 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 and anaphylaxis. 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
- All staff completed Allergy Awareness Training as provided by the Foods Standards Agency. Liz Miller, Margaret Corrins, Zoe Wright, Charlotte Walker and Stephanie Wright have completed Level 3 training in Allergy Awareness
- We share all information with all staff and full information about all children with allergies is displayed in the nursery kitchen and in the dining room.
- Where a child has a known allergy, Liz Miller will carry out a full Allergy Risk Assessment Procedure with the parent prior to the child starting the nursery and share with all staff. A BSACI allergy action plan will be completed where required.
- All food prepared for a child with a specific allergy is prepared carefully to avoid any chance of contamination.
- We will work together with the parents to ensure a child with specific food allergies/intolerances 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
- 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
- All meals are provided by Millfield – we ask that parents do not bring any food in for their children to consume so that we can control all the foods provided during the day.
- Seating will be monitored for children with allergies and they all have their own place mats detailing their name and allergy. 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. Place mats are provided detailing the allergy/intolerance.
- 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.

- If an allergic reaction requires specialist treatment, e.g. an EpiPen, then all of staff working directly with the child and Liz Miller will receive specific medical training to be able to administer the treatment to each individual child.

Food Information Regulations 2014

We will incorporate additional procedures in line with the Food Information Regulations 2014 (FIR).We display our weekly menus on the Parent Information Board and a list of 14 allergens is in the nursery kitchen

In the event of a serious allergic reaction and a child needing transporting to hospital

The nursery manager or staff member will:

- Call for an ambulance immediately if the allergic reaction is severe. Staff will not attempt to transport the sick child in their own vehicle
- Ensure someone contacts the parents whilst waiting for the ambulance and arrange to meet them at the hospital
- Arrange for the most appropriate member of staff to accompany the child, taking with them any relevant information such as registration forms, relevant medication sheets, medication and the child's comforter
- Redeploy staff if necessary to ensure there is adequate staff deployment to care for the remaining children. This may mean temporarily grouping the children together
- Inform a member of the management team immediately
- 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
- Where a serious incident occurs and a child requires hospital treatment, Ofsted will be informed.

Policy Reviewed

November 2026