



Managing Children with Allergies Policy

Health is promoted through identifying allergies and preventing contact with the allergenic substance and through preventing cross infection of viruses and bacterial infections. These procedures are written in line with guidance from the Early Years Foundation Stage. The nursery manager is responsible for ensuring all staff understand and follow these procedures.

Identification of an allergy: When children begin at Creative Stars, parents are asked if their child suffers from any known allergies. This is recorded on page 3 of the Childcare Registration and Parent Agreement Form. We further ask parents to complete a form indicating any food intolerances, allergies and parental preferences.

We ensure that, the allergen information is shared where food is prepared and where food is served, as well as being available in the office. We ask parents to keep us updated on children's allergies, and request medication, such as epi-pens to be stored onsite in case of an emergency.

Risk Assessment If a child has an allergy, a risk assessment form is completed to detail the following:

- The allergen (i.e., the substance, material or living creature the child is allergic to such as nuts, eggs, bee stings, cats etc).
- The nature of the allergic reactions e.g., anaphylactic shock reaction, including rash, reddening of skin, swelling, breathing problems etc.
- What to do in case of allergic reactions, any medication used and how it is to be used (e.g., EpiPen).
- Control measures – such as how the child can be prevented from contact with the allergen.
- This form is kept in the child's personal file.
- Generally, no nuts or nut products are used within the nursery.
- Parents are made aware so that no nut or nut products are accidentally brought in, for example, to a party.

Allergies Traffic Light System

- With regards to food and dietary requirements, we operate a traffic light system. When children are inducted, parents share allergy, intolerance, religious and preferences with regards to their child's eating in the setting.
- If the child has an allergy, this is recorded, and the child is put in the red zone. If a child is in the red zone, it means that they have an allergy
- Red = Danger! Only senior members of staff should feed the child unless it is the child's key person. All allergies are recorded, along with the child's days of attendance to ensure those foods are not prepared on that day
- If there is a parental preference, intolerance or religious reason to not eat specific products, the child is put in the yellow zone
- Yellow = Caution! Although we do not want the child to eat these products, they are not a danger to the child. Caution must be used by staff to ensure they do not eat specific products, however, if the products are consumed, it is not life threatening.
- If children can eat all foods served onsite, they are categorized in the green zone

First Aid In the nursery, senior leaders oversee first aid. There is a first aid kit in every room, the outdoor area and in the main office. When a child is poorly, or has suffered an accident in nursery, there is a protocol for staff to follow:

- A trained first aider is consulted
- The incident is logged in the accident file
- For head injuries, a Head injury form is issued, and parents are contacted
- The sick child policy is consulted and adhered to



- For other serious injuries parents and where appropriate, the emergency services are contacted immediately.

Warning Signs It is not always clear if a child or a member of staff is having an allergic reaction because other serious conditions can have similar symptoms. However, warning signs to look out for is if they are finding it hard to breathe, if their lips or mouth are swollen, or if they collapse.

What Should I Do If A Child Is Having an Allergic Reaction? If a child was given the wrong food, or even if you're not sure what the problem is, if the child is finding it hard to breathe, if their lips or mouth are swollen, or if they collapse, you should look at their risk assessment. If the child does not have a risk assessment in place, do the following:

- Call 999 immediately and describe what is happening
- Don't move the child because this could make them worse
- Stay with the child until help arrives.

Preparation, Cooking and Cleaning When you have been asked to prepare a meal that doesn't contain a certain food, make sure worktops and all the equipment staff use is thoroughly cleaned with hot water and soap before they use them. This includes chopping boards, knives, food mixers, bowls, pans, and utensils used for stirring and serving. This is to prevent small amounts of the food that the child is allergic to from getting into their meal.

When you have been asked to prepare a meal that doesn't contain a certain food, make sure staff wash their hands thoroughly with soap and water before they prepare the meal, and avoid touching other foods until they have finished preparing it.

Staff Training Staff are given training in food hygiene and safety, as well as allergy and allergens training. This training is part of the staff induction package. We ensure that all our staff are aware of the policies and procedures of the Nursery when it comes to handling all requests for allergen information. All staff members receive training on handling allergy information requests from their induction meetings in the setting.

Effective Communication Effective communication among our staff is always maintained, with parents help us to ensure that parents of children with food allergy are given accurate information which provide parents with peace of mind about their children safety within the setting.

What to Do If Things Go Wrong?

If a child or a practitioner is having a severe allergic reaction, the following steps should be followed accurately:

- Do not move them because this could make them worse.
- If they feel faint or dizzy, they should lie down.
- Call 999 for an ambulance immediately and describe what is happening.
- Explain that somebody could have anaphylaxis (pronounced 'Anna-fill-axis').
- Send someone outside to wait for the ambulance and stay with the person until help arrives.

How to Stop This from Happening Again

It is not likely to prepare or serve a wrong food, however if we are not sure if there is a trace of life-threatening ingredient in a meal, then we do not serve it to the children, as the basic rule is we

NEVER GUESS.



We make sure that all our practitioners and kitchen staff understands how important it is to check all the contents of a dish if they are preparing it for a child who has a food allergy.

Medication All medication in nursery must be prescribed. Parents must also complete a medicine disclaimer which will also be signed and need authorisation from the Managing Director. Further details can be found in the Medicine Policy.

At all times the administration of medication must be compliant with the Welfare Requirements of the Early Years Foundation Stage and follow procedures based on advice given in *Managing Medicines in Schools and Early Years Nursery's* (DfES 2005)

Procedures for children who are sick or infectious

If children appear unwell during the day – have a temperature, sickness, diarrhoea or pains, particularly in the head or stomach – the manager is to call the parents and ask them to collect the child, or send a known carer to collect on their behalf – as outlined in the Sick Child Policy.

Implementing this Policy All nursery staff will be required to read this policy on their induction and to comply with the contents of the policy. The policy will be kept in the policy folder and will be available for staff to always refer to. The implementation of the policy will be monitored by nursery staff on a day-to-day basis. If incidences of non-compliance do occur, this will be dealt with on a case-by-case basis through performance management of staff.

Any adverse incidents will be recorded and reviewed to ensure the policy is fit for purpose. The policy will be formally reviewed at least every three years.

FOODS THAT CAN CAUSE REACTIONS

In theory, any food could cause an allergic reaction in someone, but labelling legislation requires certain foods always to be labelled on pre-packed foods. These are:

PEANUTS, also called groundnuts and monkey nuts, are found in many foods, including sauces cakes and desserts.

NUTS People with nut allergy can react to many types of nut, including walnuts, almonds, hazelnuts, Brazil nuts, pistachios, cashews, pecans, macadam mianut and Queensland nut. Nuts are found in many foods, including sauces, desserts, crackers, bread, and ice cream. Watch out for nut oils, praline (which includes hazelnut), marzipan (which includes almond) and ground almonds too.

MILK People with milk allergy need to avoid foods containing milk, yoghurt, cream, cheese, butter and other milk products from cows, sheep, goats and other related mammals. Watch out for dishes glazed with milk and ready-made products containing milk powder, or other milk ingredients (casein, whey powder). People with lactose intolerance need to avoid lactose, the sugar found in milk. They need to avoid food containing milk and milk products from cows and other related mammals.

EGGS are used in many foods including cakes, mousses, sauces, pasta and quiche. Sometimes egg is used to bind meat products, such as burgers. Watch out for dressings containing mayonnaise (which may contain raw egg) and dishes brushed with egg as well as lecithin E322 (if made from egg).

FISH People who are allergic to fish need to avoid all species of fish. Some types of fish, especially anchovies, are used in salad dressings, sauces, relishes and on pizzas.



SOYA comes in different forms, for example, tofu (or bean curd), soya flour, lecithin E322 (if made from soya) and textured soya protein. It is found in many foods, including ice cream, sauces, desserts, meat products and vegetarian products such as 'veggie burgers'.

GLUTEN People who have gluten intolerance (also called Celiac disease) need to avoid foods containing gluten, a type of protein found in cereals such as wheat, rye and barley, spelt and kamut (and possibly oats), and foods made from these. Wheat flour is used in many foods such as bread, pasta, cakes, pastry and meat products and in some foods that you might not expect, such as stock cubes, gravy granules and spice mixes. Watch out for soups and sauces thickened with flour, foods that are dusted with flour before cooking, batter and breadcrumbs.

Flours made from other foods such as maize, rice, millet, chickpea or buckwheat naturally do not contain gluten however due to the milling process may be contaminated with cereals containing gluten. If making a dish for a person with a gluten intolerance check the labelling for a 'may contain gluten' or gluten free statement to determine its suitability.

SESAME SEEDS Sesame seeds can be known as gingelly and are often used on bread and breadsticks. Sesame paste (Tahini) is used in some Greek and Turkish dishes, including hummus. We always Watch out for sesame oil used for cooking or in dressings

CELERY/CELERIAC People who are allergic to celery can also react to celeriac. Celeriac and celery are sometimes used as an ingredient in stock cubes, salads and soups, or served as a vegetable. We watch out for celery salt, which is used as a seasoning in lots of foods, such as soups and meat products. Also, celery seeds, which are used as a spice.

MUSTARD People who are allergic to mustard will react to any food that comes from the mustard plant, including liquid mustard, mustard powder, the leaves, seeds and flowers, and sprouted mustard seeds. Mustard is sometimes used in salad dressings, marinades, soups, sauces, spice mixes, and curries seeded breads and meat products.

CRUSTACEANS This includes crabs, lobster, prawns and scampi. It is often und in shrimp paste used in Thai curries or salads.

SULPHUR DIOXIDE This is often used as a preservative in dried fruit, meat products, soft drinks and vegetables as well as in Baked goods, Soup mixes, Jams, Canned vegetables, Pickled foods, Gravies, Dried fruit, Potato chips, Trail mix, Vegetable juices, Fresh or frozen shrimp, Dehydrated, pre-cut or peeled potatoes.

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