

## 5.6 Allergies and Allergic Reactions

At Wonderland Day Nursery we are aware that children can have allergies and if they come into contact with their allergens, can cause a reaction, in most cases this will be a mild reaction but in some it can be so serious that it becomes life threatening.

The nursery strives to be a nut free environment as nuts are a common allergen and all ingredients purchased are checked to ensure that there are no nuts listed as an ingredient or no direct contact with nuts during manufacture.

We aim 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.

### **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 and/or tongue, swelling of the airways to the lungs, wheezing and anaphylaxis
- We ask parents to share all information about allergic reactions and allergies on their child's registration form and to inform staff of any allergies discovered after registration
- Where a child has a known allergy, the nursery manager will carry out a full allergy risk assessment with the parent prior to the child starting the nursery and/or following notification of a known allergy and this assessment is shared with all staff. This may involve displaying photos of the children along with their known allergies in the kitchen or nursery rooms, where applicable
- 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 equipment that has not been in contact with this specific food type e.g. nuts, gluten
- The manager, nursery cook, and parents 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
- Seating is monitored for children with allergies. Where deemed appropriate, staff will sit with children who have allergies and, where appropriate, staff will discuss food allergies with the children and the potential risks

- If a child has an allergic reaction to food, a bee or wasp sting, plant etc. a paediatric 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 section on Family.
- If an allergic reaction requires specialist treatment e.g. an EpiPen, then at least two members of staff working directly with the child and the manager will receive specific medical training to be able to administer the treatment to each individual child.

### **Food Information Regulations (FIR) 2014**

We incorporate additional procedures in line with the FIR, including displaying our weekly menus on the parent information board, website or newsletter identifying any of the 14 allergens that are used as ingredients in any of our dishes.

### **In the event of a serious allergic reaction and a child needing transporting children 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.

### **Managing allergic reactions**

- In every age group most of our staff have a paediatric first aid qualification which includes signs and symptoms that a child is having an allergic reaction which 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.

- The training includes how to treat these symptoms including how to administer an epi-pen if this has been prescribed for use in the case of an anaphylactic shock or severe reaction. If necessary, we will seek further training from the child's health visitor as the child starts nursery to be able to meet the child's particular needs.

### **Serious allergic reaction**

In the case of an unknown or first reaction in a child we will closely monitor the child and if needed use our first aid training to manage the symptoms until medical help arrives. Parents will always be given a courtesy phone call as soon as possible to inform them of any reaction noticed.

- If the allergic reaction is severe a member of staff will telephone for an ambulance immediately. We will not attempt to transport the sick child in our own vehicles.
- Whilst waiting for the ambulance, we will telephone the child's parents or their emergency contact and arrange to meet them at the hospital.
- A senior member of staff must accompany the child ensuring that the child's registration form, health care plan, medication, emergency medication form and child's comforter are taken with the child.
- We will 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.
- Staff must always remain calm; children who witness an allergic reaction may well be affected by it and may need lots of cuddles and reassurance. All incidents will be recorded, shared, and signed by parents at the earliest opportunity.

Where a serious incident occurs and a child requires hospital treatment, Ofsted will be informed.

### **Documentation**

- The nursery manager or Duty manager on site will be involved in discussions with the parents before the child starts to discuss the best way to manage the child's allergy and dietary needs. This information will be shared with the catering team and all staff. If a child's needs are complex then a meeting will be arranged with the nursery manager or member of the senior management team, the nursery chef, and the child's parents so that strategies to meet the child's individual dietary needs can be agreed.
- Each child with a known allergy will have a health care plan which is completed by the child's keyperson and parents and reviewed every three

months. The health care plan will include the child's name, date of birth, emergency contacts, details about the allergy, child's individual symptoms and treatment. All staff in the age group and the senior team are made aware of the plan.

- A copy of the health care plan and the child's clearly named medication will be kept either in the manager's office or fridge in the kitchen near the main office (for babies it's kept on the food board).
- Information gathered from parents via the registration form or child's routine form regarding allergic reactions and allergies and must be shared with all staff in the nursery.
- The nursery catering team will document exactly what the children with special diets have been given and this information will be kept on file and is available to parents.
- Each month the list of children with dietary requirements is updated and a copy is given to each team leader, the nursery manager, and the kitchen. Children's dietary information for all age groups is on display in the dining area along with photographs of children with known allergies. In the baby unit photos and dietary information are kept in a file which is clearly labelled and easily accessible for all staff.
- The Team Leaders check daily dietaries and update as required with the kitchen each morning.
- If a child has an allergic reaction to food, a bee or wasp sting, plant etc. A paediatric first aid trained member of staff will act quickly and administer the appropriate treatment, where necessary. We will inform parents/carers and record the information in the incident section on Famly and call parents/carers

### **Daily Procedure**

- The nursery catering team prepare food to meet the child's individual needs making dishes as similar as possible in appearance and content to those on our regular menu. If necessary, we will devise a special menu for the individual child.
- The nursery chef will liaise with the team leader or the deputy team leader to ensure that children with special diets are always given food without their allergens present.
- The senior staff members or designated competent staff member will watch the dietaries being served up (snacks, main meals, and puddings) so we have two people present, the dietaries meals are served first and given to the correct children before the other meals are handed out.
- Keypersons will ensure that staff covering them e.g., for a lunch break have a full handover that includes the children's special dietary needs.

- The senior staff member or the designated key person will have a food check list with all the children's names, allergies and all the snacks and mealtimes listed in a table. When the designated staff member is at the hatch, they must check the white plated food with the child's sticker labelled on them with the allergens with the allergy list. Then they must verbally check this off with the kitchen staff, once it is agreed that the food plated meets the child's food requirements the senior staff member must agree that they have given that to the child.
- In the absence of both the team leader and deputy leader then a member of the management team will oversee the mealtime or may at their discretion delegate this to another competent member of the nursery staff team.
- Children with special diets will always have their food served on white plates or bowls clearly labelled with the child's name. (Vegetarian food will be served on green plates.)
- Seating is 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 with children and the potential risks.
- All food prepared for a child with a specific allergy will be prepared in an area where there is no chance of contamination and served on equipment that has not been in contact with their allergen.

### **Food Information Regulations 2014**

We incorporate additional procedures in line with the Food Information Regulations 2014 (FIR) including displaying our weekly menus on the parent information board/website/online system identifying any of the 14 allergens that are used as ingredients in any of our dishes.