



Allergens Policy & Allergic Reaction Procedure:

Upon starting at the Nursery, parents/carers are requested to complete an Individual Healthcare Plan; this form asks for any information regarding allergies, food intolerances or other medical conditions that the child may have. If the child has any allergies or has had an allergic reaction to certain foods, insect or plant stings or medication then an in-depth chat will be held with the parent/carer to find out more information about what happened, what action was taken and any specific signs to look out for.

All information is recorded and passed on to all members of staff so that they are aware of the signs and symptoms. Staff in the Nursery attend first aid training courses, which includes training on dealing with anaphylactic shocks and will understand the importance of dealing with the situation as calmly and quickly as possible. In certain cases where the child has been issued with an Epi-pen then all staff will be properly instructed as to the situations in which it should be given; they will be given information about the Epi-pen and will then be given a demonstration on how to use it by a district/community nurse. After administration of the adrenaline (Epi-pen), medical advice will be sought.

In compliance with the Food Information for Consumers Regulation 1169/2011 and the Food Information Regulations 2014 (SI 2014/1855), we make available to parents/carers details of the 14 specified allergens contained in the food that is prepared by us. This includes pre-packed and home-cooked produce. We exceed this requirement by ensuring that the food given to the children will not contain any other allergens not mentioned by the regulations, where specifically mentioned on the children's Individual Healthcare Plans.

If in the case that an allergic reaction should occur where there is no history of it, the child will be made as comfortable as possible ensuring that an open airway is being maintained whilst transferring to hospital for medical attention and advice. The parent would be contacted to meet the staff member at the hospital and all the child's records would be taken with them.

For allergic reactions to food, all food will be removed from the mouth; if the reaction is from a sting and the sting has been embedded in the skin this will be removed carefully making sure the remaining poison is not forced into the skin. After any reaction the child will be observed and medical attention sought.



Peanut Allergies

Anaphylactic Shock –

Symptoms –

- Collapse
- Difficulty in breathing
- Swelling of lips and throat
- Vomiting

Action to be taken –

- Administer Epi pen
- Phone for a ambulance immediately

The Epi- pen is stored in the same room as the children who may be subject to a reaction.

A list of instructions, a medication sheet and a pen to write down the time administered and a pair of protective gloves in case of bleeding are also kept in the same room as the children who may be subject to a reaction.

Training will be given by the local nurse to all staff who come into contact with a child with a peanut allergy. All staff must make themselves aware of where the Epi-pens are kept in case of emergency. You must also read the literature.

If the paramedics have not arrived within five to ten minutes and symptoms persist, administer a second dose.

After administering the Epi-pen, ideally the patient should have been put in the recovery position. If this is not possible, particularly if dealing with a child who will be extremely distressed, then try to make the patient as comfortable as possible and elevate the legs.

Staff are requested to make themselves aware of any child who may have a history of this condition.

If in doubt check with the nursery manager, staff are under obligation to ensure they familiarise themselves with each child's medical history – should they have one.

Staff will be made aware of the signs and symptoms of a possible allergic reaction in case of an unknown or first reaction in a child. Early



recognition of symptoms and early treatment are vital, symptoms may include:

- Itching in the mouth
- Swelling of the face, throat or tongue
- Asthma
- Difficulty in talking or swallowing
- Hives anywhere on the body
- Generalised flushing of the skin
- Abdominal cramps and nausea
- Floppiness (drop in blood pressure)
- Collapse and unconsciousness

Children may not experience all of the symptoms listed above.

- Good communication with parents is essential. Parents will be asked for information about their child's allergies before they start pre-school. Information should be recorded in detail on their child's registration form regarding allergic reactions and allergies and must be shared with all staff in the nursery. If a child develops an allergy whilst at the nursery, the parent will be asked to update their details and complete the appropriate forms.
- Staff will ask specifically whether each child has asthma as this may increase the severity of an allergic reaction (anaphylaxis.org.uk, document ref ACFS13)
- An allergy register will be kept in the kitchen, staff are required to refer to this when preparing snacks and meals or planning activities
- The nursery manager must carry out a full allergy risk assessment procedure with the parent prior to the child starting the nursery and a care plan will be drawn up. The child's GP or allergy specialist will be asked to contribute to this care plan.
- Cleaning and hand washing procedures will be reviewed when any child with allergies joins the nursery
- The information must be shared with all staff , any specific changes to procedures made clear



- All food prepared for a child with any specific changes to procedures made clear
- 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 this specific food type e.g. nuts
- The manager, nursery cook 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
- Individual children's key person will discuss weaning with parents; first weaning foods will be low allergenic foods. Once weaning has been established on low allergenic foods other foods will be introduced once at a time to make identification of those that cause a reaction easier
- If a child has an allergic reaction to food, a bee sting, plant etc. a first aid trained member of staff will act quickly and administer the appropriate treatment. Parents must be informed and it must be recorded on an accident and/or medication form.
- If this action requires specialist treatment e.g. an Epi-pen then at least two members of staff will be directly working with the child and the manager will receive specific medical training to be able to administer the treatment to each individual child. Training will be sought by contacting the child's GP
- It is the parent's responsibility to ensure the medication is within its use by date
- A sick child above all needs their family; therefore every effort will be made to contact a family member as soon as possible by 1st contacting those with parental responsibilities and then any other emergency contacts
- If the allergic reaction is severe a member of staff will summon an ambulance immediately. Staff will not attempt to transport the sick'/injured child in our own vehicles
- Whilst waiting for the ambulance we will contact the emergency contact and arrange to meet them at the hospital

Ducklings Childcare



- A senior member of staff must accompany the child taking with them the child's registration forms, relevant medication sheets, medication and the child's comforter
- Staff must remain calm at all times; children who witness an allergic reaction may well be affected and may need lots of cuddles and reassurance
- All incidents will be recorded, shared and signed by parents at the earliest opportunity