Allergies Policy October 2025 (No Updates)

Tiny Toes is 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.

Our 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.

Information regarding allergies and reactions is obtained from parents at registration and shared with *all* staff. The allergies specific to the child are written on the Specific Dietary List and copies of this are kept in each room, the main office and the kitchen. This information is also recorded on the child's file on Eylog. Where a child is at risk of an anaphylactic reaction and have an EpiPen, this will always be kept close by to where a child is present and taken on any trips/visits away from the nursery.

Staff using food materials for play activities must ensure that no ingredients are included that could cause an allergic reaction to anyone present.

Children with specific food allergies are provided with alternative menu options. 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. Food will be checked for allergens using ingredients lists.

Kitchen staff will inform room staff of any foods containing allergens and indicate the alternatives provided. Although kitchen staff will endeavour to communicate with room staff information about allergens and alternatives, room staff should not rely on kitchen staff for identifying allergens and remain responsible for checking and ensuring that food given to children with special dietary needs is allergen free. As room staff are the persons giving food to children in room, they are ultimately responsible for any incidents where children have been given foods that are not allowed.

Where age/stage appropriate, staff will discuss food allergies and the potential risks with children. Staff that assist in the preparation and handling of food must be aware of the risks of cross contamination of foods that contain allergens and to use different utensils for separate foods that contain allergens and allergen free foods. Staff must ensure that children do not access food that they are allergic too, staff must supervise children very closely and be close enough to physically intervene if a child makes a grab for food that they are not permitted to consume. Staff responsible for supervising children with allergies must not allow themselves to get distracted from this task while there is a risk of a child accessing foods that they are allergic to.

Left over foods and spillages will be cleared up and removed from the room promptly so that children cannot inadvertently get access to foods with allergens or food that could be contaminated in any way. Children are to be closely supervised if allergens are present to ensure the affected children do not attempt to eat food that could harm them.

If a child consumes foodstuffs that contain allergens that may cause a reaction, a member of the SMT must be informed who must then inform the parents. The incident will be recorded in the Incident Log directly or using the Incident app so that it can be reviewed by the Health and Safety Lead.

If a child has an allergic reaction to food or any other allergen, a first aid trained member of staff will act quickly and administer the appropriate treatment. A member of the SMT must be informed who must then inform the parents and it must be recorded as an incident at the earliest opportunity.

If the allergic reaction is severe, a member of staff will call for an ambulance immediately. Whilst waiting for the ambulance, we will contact the emergency contact and arrange to meet them at the hospital.

A member of the SMT must accompany the child and collect the child's information sheets, medical documentation, and any other personal items e.g. comforter.

All staff must always remain calm; children who witness an allergic reaction may well be affected by it and may need comfort and reassurance.