

## Jitterbugs Dietary and Allergies Policy

At Jitterbugs, we are aware that children may have or develop an allergy resulting in an allergic reaction. Some children will also have other dietary requirements that all staff should be aware of, as these may be due to other health conditions or beliefs or parental preference.

We aim to ensure allergic reactions are minimized or, where possible, prevented, and that staff are fully aware of how to support a child who may be having an allergic reaction. Along with this, we want to make sure we are catering to all dietary requirements for all children.

### **Our Procedures**

- We ask parents to share all information about dietary requirements (allergies, intolerances, and beliefs) on their child's registration form and to inform staff of any dietary needs discovered or changes after registration.
- Purple stickers will be on the individual child's name card at snack/mealtimes to indicate the child with a dietary need.
- 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 share all information with all staff and keep an allergy register on the trolleys in Cocoons and Butterflies. These are kept on the whiteboard in the Eggs room, where other mealtime information is kept, and in Caterpillars it is located next to the trolley on the wall.
- Allergy action plans **MUST** be completed for ALL children with an intolerance or allergy and should be reviewed every six months or updated if there is a change with the allergy or intolerance. These must be kept on an allergy clipboard stored in the top drawer of the filing cabinet.

- Where a child has a known allergy, the nursery manager will carry out a full allergy risk assessment for the child prior to the child starting the nursery and/or following notification of a known allergy. This assessment is shared with all staff to ensure staff are aware of the potential risks.
- 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 the 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, such as having an allocated dietary table or considering where children are positioned at mealtimes. Where deemed appropriate, staff will sit with children who have allergies and discuss food allergies with the children and the potential risks.
- At mealtimes, all children with a dietary need will be allocated a dietary placemat, which will have that child's dietary information to inform ALL staff in that room of the dietary needs as a visual aid.
- Children with a dietary need will also have a purple-coloured plate/bowl/cup.
- If a child has an allergic reaction to food, a bee or wasp sting, a 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 book and on the allergy register.
- Children with a severe allergy MUST have an allergy action plan in place to ensure all appropriate steps are followed in the event the child has an allergic reaction.
- 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.

We incorporate additional procedures in line with the FIR, including displaying our weekly menus on the parent information board, website, or online system 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 to Hospital**

The nursery manager or staff member will:

- Call 999 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 while 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 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.

This policy is updated at least annually in consultation with staff and parents and/or after a serious incident.

<b>This policy was adopted on</b>	<b>Signed on behalf of the nursery</b>	<b>Date for review</b>
<i>July 2024</i>	<i>Katey Pratt/Linda Wood</i>	<i>1 year</i>