



**Little Learners**  
NURSERY GROUP

# Allergies

**Created: January 2026**

**To be reviewed: January 2027**

At Little Learners, we are aware that children can have allergies which may cause allergic reactions. We will follow this policy to ensure allergic reactions are minimised or where possible prevented. We will ensure that staff are fully aware of how to support a child who may be having an allergic reaction.

- 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. 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 .
- In mild cases, if the child require liquid paracetamol/anti-histamines during the day and the parents cannot be contacted then the nursery manager will take the decision as to whether the child is safe to have this medication based on the time the child has been in the nursery, the circumstances surrounding the need for this medication and the medical history of the child on their registration form.
- Information will be passed on by parents from the registration form regarding allergic reactions and allergies and must be shared with all staff in the nursery prior to the child starting with us.
- An allergy poster will be kept in the manager centralised folder, the milk kitchen(s) and base-room and updated when a new child starts, their dietary needs change or they move rooms. If a child's dietary needs change this must be confirmed by the parent in writing and care plan amended.
- A care plan will be co-produced with the parents ahead of their child starting nursery. Nursery Manager will review and sign this/ Parents must also sign.

This information will be recorded in a care plan and be shared with all staff on site. All information will then be shared with Nursery staff and MDAs and displayed in base rooms with a front cover displaying a recent photo of the child and first name.
- 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

- Care Plans are reviewed annually or when a child's needs change
- Upon induction, staff read about all care plans and dietary requirements in the setting. Room Leaders will go into detail about room specific care plans to ensure they fully understand.
- The nursery manager, cook, and parents will collaborate to ensure that a child with specific food allergies is not exposed to any harmful foods while at nursery. Parents are responsible for contacting the catering company's dietary team to create a suitable menu or to request appropriate substitutions for meals on the existing nursery menu. Once finalized, the tailored menu will be shared with the nursery manager, distributed to all relevant staff, and displayed in the child's base room. This personalized menu will clearly include the child's name for easy identification.
- Parents are responsible for informing both the catering company's dietary team and the nursery manager of any changes to their child's allergies, including the development of new allergies or the resolution of existing ones.
- 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.
- If this treatment requires specialist treatment, 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.
- Two months prior to the epipens expiry date the parents will be asked to supply two new epipens. Children will not be permitted to stay at nursery

without an in date epipen (ideally 2).

- Any allergy medication, (including epipens) must go with the children on any trips and outings, even if it is an onsite walk. Epipens must be carried by the most senior member of staff in the first aid bag.
- A sick child primarily needs the comfort of their family, so every effort should be made to contact a family member as quickly as possible.
- If the allergic reaction is severe a member of staff will call an ambulance immediately. We 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
- A senior member of staff will accompany the child and collect together registration forms, relevant medication sheets, medication and child's comforter
- Staff will remain calm at all times; 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.
- Staff are not permitted to eat food they brought from home in the nursery room around children.