



## **ALLERGY AND DIETARY REQUIREMENTS POLICY**

### **Policy Statement**

At Vishenka Nursery, we are dedicated to ensuring the health, safety, and well-being of all children in our care. In line with the Early Years Foundation Stage (EYFS) framework 2024, we have established this policy to effectively manage allergies and dietary requirements, thereby minimizing risks and promoting inclusive practices.

### **Aims**

- To identify and manage children's allergies and dietary needs promptly and effectively.
- To collaborate with parents, carers, and healthcare professionals to develop and implement individualized care plans.
- To ensure all staff are trained and aware of procedures related to allergies and dietary management.
- To maintain a safe environment by minimizing exposure to known allergens.

### **Procedures**

#### **1. Information Gathering**

- **Registration Forms:**

Upon enrolment, parents and carers are required to provide detailed information about their child's allergies, dietary requirements, and any special health needs. This information is recorded and regularly updated.

- **Medical Documentation:**

For children with diagnosed allergies or specific dietary needs, written confirmation from a healthcare professional is obtained to ensure accurate and safe management.

#### **2. Individual Care Plans**

- **Development:**

In collaboration with parents and, if necessary, healthcare providers, we develop individualized care plans that outline specific dietary restrictions, symptoms of allergic reactions, and emergency procedures.

- **Review:**

These plans are reviewed regularly and updated as needed to reflect any changes in the child's condition or requirements.

#### **3. Staff Training and Awareness**

- **Training:**

All staff receive training on recognizing symptoms of allergic reactions, understanding dietary

restrictions, and implementing emergency procedures.

- **Information Sharing:**

Details of children's allergies and dietary needs are communicated to all relevant staff members to ensure consistent and informed care.

#### **4. Food Preparation and Handling**

- **Allergen Management:**

We adhere to strict protocols to prevent cross-contamination, including thorough cleaning of utensils and surfaces, and clear labeling of all food items.

- **Menu Planning:**

Menus are planned to accommodate children's dietary needs, ensuring that suitable alternatives are available.

#### **5. Emergency Procedures**

- **Action Plans:**

Clear action plans are in place for managing allergic reactions, including the administration of prescribed medication and immediate medical attention.

- **Accessibility:**

Emergency medication, such as adrenaline auto-injectors, is readily accessible, and staff are trained in their use.

#### **6. Parental and Carer Involvement**

- **Communication:**

We maintain open lines of communication with parents and carers regarding their child's allergies and dietary needs, encouraging them to share any concerns or updates.

- **Consent:**

Parental consent is obtained for sharing information with relevant staff and healthcare professionals to ensure coordinated care.

#### **7. Monitoring and Review**

- **Regular Checks:**

We conduct regular checks to ensure that all procedures are being followed correctly and that children's needs are being met.

- **Policy Review:**

This policy is reviewed annually and updated as necessary to reflect current best practices and any changes in legislation