



Children with Allergies and Medical Dietary Needs

At Clare House Nursery, we work closely with parents and healthcare professionals to ensure that children with allergies or medical dietary needs can attend safely and are fully included in nursery life.

Identifying Allergies

When a child starts at the nursery, parents are asked to provide full details of any known allergies, intolerances or medical dietary requirements. This information is recorded on the child's registration form and discussed during the settling-in process.

Where a child has a diagnosed allergy or medical condition, an **Individual Healthcare Plan (IHP)** and risk assessment will be completed in partnership with parents and, where appropriate, healthcare professionals.

The Individual Healthcare Plan will include:

- the child's known allergens
- symptoms of an allergic reaction
- emergency procedures
- medication required
- dietary requirements
- contact details
- review dates.

The Individual Healthcare Plan is stored securely in the child's folder (This moves through the nursery with the child) and copies are made available to all relevant staff working with the child.

Staff Training

Parents will demonstrate how emergency medication should be administered where appropriate. Where specialist medication is required, staff will receive appropriate training from a suitably qualified healthcare professional before taking responsibility for administering medication.

Training will be refreshed as required and whenever a child's medical needs change.

Preventing Exposure to Allergens

We take all reasonable steps to minimise the risk of accidental exposure to allergens.

These include:

- maintaining clear records of children's allergies and dietary requirements
- ensuring all staff are aware of children's medical needs
- checking food ingredients before serving meals or snacks
- following robust hygiene procedures to prevent cross-contamination

- encouraging regular communication between parents and nursery regarding any changes to allergies or dietary needs.

Although we cannot guarantee an allergen-free environment, we take every reasonable precaution to reduce risk.

Nut-Aware Environment

At Clare House Nursery, we aim to maintain a **nut-aware environment** to help reduce the risk of accidental exposure for children with nut allergies.

We ask all families to support us by **not sending foods containing nuts or nut products into the nursery** wherever possible. While we take all reasonable precautions to minimise the risk of exposure, including working closely with families, checking food where appropriate and implementing robust allergy management procedures, **we cannot guarantee that the nursery is completely nut free.**

We recognise that some manufactured foods may contain traces of nuts or be produced in environments where nuts are handled. For this reason, despite our best efforts, it is not possible to promise a completely nut-free environment.

Where a child has a severe allergy, we will work in partnership with parents, carers and healthcare professionals to complete an Individual Healthcare Plan and risk assessment, ensuring that appropriate control measures are in place to support the child's safety.

If a child has a severe allergy to another food or substance, we will implement appropriate precautions and communicate these to staff and, where necessary, to other families to help minimise the risk of accidental exposure.

Mealtime Safety

To ensure children's dietary needs are clearly identified:

- **Green placemat** – No known allergies
- **Orange placemat** – Mild allergy or food intolerance
- **Red placemat** – Severe allergy requiring heightened awareness

Where appropriate, children's plates and cups are also clearly identified.

Staff remain vigilant during all meal and snack times and children are supervised at all times while eating.

Emergency Medication

Where a child has been prescribed emergency medication, such as an adrenaline auto-injector (AAI) or other emergency medication, Clare House Nursery will ensure that:

- An Individual Healthcare Plan and risk assessment are in place.
- Written parental consent has been obtained.

- Medication is stored safely, clearly labelled, easily accessible and checked regularly to ensure it remains in date.
- All relevant staff receive appropriate training and are confident in administering the medication.
- Emergency medication accompanies the child on outings and during emergency evacuations.
- In the event of an allergic reaction or medical emergency, staff will follow the child's Individual Healthcare Plan, administer medication if required, call 999 where appropriate, inform parents immediately and complete an incident record.

Reviewing Healthcare Plans

Individual Healthcare Plans and risk assessments are reviewed:

- Every 6 months in line with individual child's focus month
- whenever medication changes
- following any allergic reaction
- whenever advised by parents or healthcare professionals.

Legislation and Guidance

This policy is written in accordance with:

- Statutory Framework for the Early Years Foundation Stage (England, September 2026)
- Health and Safety at Work etc. Act 1974
- Equality Act 2010
- Food Information Regulations 2014
- Food Safety Act 1990
- Food Standards Agency (FSA) allergen guidance
- Supporting Pupils with Medical Conditions (Department for Education) (where relevant to early years practice)

