ALLERGIES AND FOOD INTOLERANCE

Before a child starts at Stepping Stones Pre-school, parents/carers are asked if their child has any known allergies or food intolerance. This information is recorded on the Parental Contract. On going discussions must take place with parents/carers and where appropriate health professionals to develop allergy action plans for managing any known allergies and food intolerances. This information must be kept up to date in a child's file and also on the allergy / food intolerance spreadsheet. Parents must send an email to update Stepping Stones of any changes to a child's allergy or food intolerance.

- All staff at Stepping Stones Pre-school must be aware of the symptoms and treatments for allergies and anaphylaxis and the difference between allergies and food intolerances
- If a child has an allergy or food intolerance that are new to our setting a risk assessment must be carried out.
- Health care plan form is completed with the below and kept in the child's personal file:
  - the nature of the reaction e.g. anaphylactic shock reaction, including rash, reddening of skin, swelling, breathing problems etc.
  - managing allergic reactions, medication used and method (e.g. Epipen)
- The child's name is added to the Dietary Requirements list and an allergy/intolerance mat is done and to be used at all snack/meal times**.**
- Parents/carers show staff how to administer medication in the event of an allergic reaction.
- Generally, no nuts or nut products are used within the setting and parents are asked not to include nuts in packed lunch boxes.
- Children with allergies/food intolerances are served first at snack and meal times.

Oral Medication

- Oral medication must be prescribed.
- Staff must be provided with clear written instructions for administering such medication.
- All risk assessment procedures are adhered to for the correct storage and administration of the medication.
- The setting must have the parents/carers' prior written consent. Consent is kept on file.