The Lloyd Williamson Nurseries

Allergy Policy

2026-2027

Updated by Ramona Cristea and Lucy Meyer
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1. Purpose and Scope

This policy outlines how the nursery keeps children and staff safe who have allergies, intolerances, asthma, coeliac disease, or other allergic conditions. It follows statutory allergy safety guidance for early years settings issued by GOV.UK (2026) and aligns with EYFS Safeguarding and Welfare Requirements.

The policy applies to all staff, volunteers, students, agency workers, and catering teams present when children are on site.

2. Leadership and Responsibility

The Senior Management Team (SMT) acts as the **Allergy Lead**, responsible for:

- Implementing this policy
- Ensuring all staff receive appropriate training
- Overseeing medication storage, accessibility, and expiry checks
- Conducting annual policy reviews

The SMT ensures the policy is published on the nursery website and available in hard copy upon request.

3. Identification of Children with Allergies

During registration, parents must:

- Declare any diagnosed allergies, intolerances, asthma, or coeliac disease
- Supply **in-date prescribed medication** (e.g., adrenaline auto-injector, inhaler) and replace it before expiry

The nursery maintains:

- An **Individual Healthcare Plan (IHP)** for each child with allergies, signed by parents and updated annually or following any change
- A **BSACI Allergy Action Plan** attached to the IHP, detailing symptoms and emergency steps

4. Staff Training and Competency

All staff present during times when children are on site must receive **annual allergy awareness and emergency response training**, covering:

- Types of allergies (food, environmental, asthma, eczema, hay fever)
- Differences between allergy, coeliac disease, and intolerance
- Recognising symptoms of allergic reactions and anaphylaxis
- How reactions occur and how to prevent them
- How to locate and administer emergency medication, including AAIs and inhalers
- How to call emergency services and notify parents
- Understanding the nursery's allergy policy and daily routines

Induction ensures new staff are trained **before** working directly with children.

5. Preventing Exposure to Allergens

The nursery uses layered prevention strategies to minimise risk.

Food Safety

- No food sharing is permitted
- Non-food rewards are used
- Children wash hands before and after meals
- Parents provide their own food or use a catering company approved by the nursery
- Staff check all snacks and lunches to ensure **no banned food substances** are present

Environment & Activities

- Risk assessments for activities, trips, and outdoor play include allergy considerations

- Staff check materials (e.g., playdough, sensory trays, art supplies) for potential allergens
- Cleaning routines reduce cross-contamination, especially on food-contact surfaces

6. Emergency Response Procedures

Recognising a Reaction

All staff are trained to identify **mild, moderate, and severe** allergic symptoms, including the signs of **anaphylaxis**. Staff must act immediately if a child appears unwell or shows any symptoms listed on their BSACI Allergy Action Plan.

Immediate Actions

- Follow the child's **BSACI Allergy Action Plan** without delay.
- **Administer the adrenaline auto-injector immediately** if anaphylaxis is suspected.
- Call **999** and clearly state: *"We have a child experiencing anaphylaxis."*
- A **second AAI** may be administered after **5 minutes** if symptoms persist, in line with the action plan.
- Inform parents **as soon as emergency services have been called**.
- A staff member must accompany the child to hospital, taking their **medication**, **IHP**, and **Allergy Action Plan**.

Asthma-Related Reactions

If a child with asthma is wheezing, coughing persistently, or struggling to breathe:

- Administer the **reliever inhaler immediately**.
- Follow the child's asthma plan and seek medical help if symptoms do not improve.

7. Record Keeping and Reporting

All allergy-related incidents are recorded in the **Allergy Incident Log**, including mild reactions, near misses, and any use of emergency medication.

The SMT reviews log **termly** to identify patterns, risks, or areas requiring additional staff training or procedural changes.

Individual Healthcare Plans (IHPs) are updated promptly following any reaction or change in medical advice.

All records are stored securely and handled in accordance with **GDPR**, safeguarding requirements, and the nursery's data-protection procedures.

8. Policy Review and Monitoring

This policy is reviewed **at least annually**, or sooner if an incident, near miss, or updated statutory guidance indicates the need for revision.

Reviews consider:

- Lessons learned from incidents
- Staff feedback
- Updates to GOV.UK or BSACI guidance
- Any changes in children's medical needs

Revised versions of the policy are shared with **staff and parents** and published on the nursery website.

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9. Supporting Children's Wellbeing

The nursery is committed to supporting children's emotional and physical wellbeing in relation to their allergies. Staff help children to:

- Understand their allergy in an **age-appropriate**, reassuring way
- Communicate clearly if they feel unwell or notice symptoms
- Build confidence in safe eating routines, including recognising their own food and avoiding sharing

Staff model calm, consistent practice to help children feel secure and supported.

10. Unacceptable Practice

In line with statutory guidance, the nursery will not:

- Ignore known allergies or fail to follow a child's IHP
- Delay administering adrenaline when anaphylaxis is suspected
- Use food-based activities without checking allergens and risk assessments
- Allow untrained staff to administer AAIs or inhalers
- Permit food sharing under any circumstances

These practices are strictly prohibited to ensure children's safety and uphold EYFS welfare requirements.

11. Policy Availability

This policy is published on the nursery website and is available in hard copy upon request, in line with GOV.UK requirements for early years settings. Staff and parents may request a printed copy at any time, and updated versions will be shared promptly following any review.

Lucy Meyer October 2026