

4 Health Policy

4.4 Allergies and Food Intolerance

Alongside associated procedures in 4.1 to 4.7, this policy was adopted by You and Me Pre-School on 8th December 2025 by the Committee.

Before a child starts at You and Me Pre-School, parents/carers are asked if their child has any known allergies or food intolerance. This information is recorded on the registration form. 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 on a child's registration form and shared with all staff.

- All staff at You and Me 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, *1.1a Generic Risk Assessment Form* is completed with the following information:
 - the risk identified – the allergen (i.e. the substance, material or living creature the child is allergic to such as nuts, eggs, bee stings, cats etc.)
 - the level of risk, taking into consideration the likelihood of the child coming into contact with the allergen
 - control measures, such as prevention from contact with the allergen
 - review measures
- *4.2a Health Care Plan* form must be completed with:
 - 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 sheet.
- A copy of the risk assessment and health care plan is kept in the child's personal file and is shared with all staff.
- Parents/carers show staff how to administer medication in the event of an allergic reaction.
- The setting is a nut free zone. Parents/carers are made aware, so that no nut or nut products are accidentally brought in.

Oral Medication

- Oral medication must be prescribed or have manufacturer's instructions written on them.
- 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.

For other life-saving medication and invasive treatments please refer to *4.2 Administration of Medicine*.