ALLERGIES AND REACTIONS POLICY

At Wibli Wobli Nursery we are aware that children may have or develop an allergy resulting in an allergic reaction. Our aims are to ensure allergic reactions are minimised or, where possible, prevented and that staff are fully aware of how to support a child who may be having an allergic reaction.

To safeguard children, staff and visitors with allergies or potential allergies, food that is not sealed, including packed lunches, is not to be permitted or consumed on nursery premises where care is provided. The nursery will cater for all allergies and dietary requirements and will work with parents and guardians to ensure that snacks and meals are provided for them in accordance with their needs.

All children will be provided with nursery snacks and meals served on site. For funded children, this is included in our consumables charge. Parents or guardians of funded children who opt out of the consumables charges will need to collect their child for all snack and meal times in order to provide food for their child off nursery premises during these times.

We are a nut free nursery and do not allow nuts on the nursery premises or outdoor areas.

We take allergies very seriously and have clear procedures in place to ensure all children are safe and well cared for.

Registration and Communication

We ask parents to share all information about allergic reactions and allergies on the child's registration form and to inform staff of any allergies discovered after registration. This information is shared with all staff and recorded on the Famly app which is accessible to all staff.

Allergy information is displayed on an allergy chart in the nursery kitchen and dining area so that it can be referred to by the nursery cook and nursery staff when serving food.

Allergy Risk Assessment

Where a child has a known allergy, the nursery manager will carry out a full Allergy Risk Assessment Procedure with the parent prior to the child starting at the nursery. This assessment is shared with all staff to ensure everyone is aware of the child's needs.

Food Preparation and Serving

All food prepared for a child with a specific allergy is prepared in an area where there is no chance of contamination and served on equipment that has not been in contact with that specific food type, e.g., nuts.

Placemats displaying the child's image and details of the allergy are placed on the table in front of the relevant child during food service. Food for children with allergies is served in a different coloured plate or bowl to help staff easily identify a child's food and prevent cross-contact.

Self-service of food - all food prepared for a child with a specific allergy is prepared and separated accordingly and then put into a separate food tray for the self-serve. Staff will monitor children using the self-service area and where appropriate a member of staff will sit at the self-serve area and call each child one by one to the self-service area to ensure that there is no cross contamination of equipment including food trays and tongs or spoons.

The dining area is cleaned and wiped over between each food sitting to ensure there is no chance of contamination of the specific food type (allergen) onto surfaces and equipment.

Nursery management, the nursery cook and parents work together to ensure a child with specific food allergies receives no food that may harm them. This may include designing an appropriate menu or substituting specific meals on the current nursery menu.

Allergy Awareness and Monitoring
Seating is monitored for children with allergies. Where deemed appropriate, staff may sit with children who have allergies. Where age-appropriate, staff discuss food allergies and potential risks with children to encourage awareness and understanding. Allergy charts are displayed in the kitchen and eating areas for staff reference when serving food. Staff are also made aware of allergies and potential risks in the outdoor area, including exposure to plants, insects, or other allergens.

Recognising Allergic Reactions
Staff are trained to recognise signs and symptoms of a possible allergic reaction, including: rash or hives, nausea, stomach pain, diarrhoea, itchy skin, runny eyes, shortness of breath, chest pain, swelling of the mouth or tongue, swelling of the airways, wheezing, and anaphylaxis.

Responding to Allergic Reactions
If a child has an allergic reaction to food, a bee or wasp sting, plant, etc., a first-aid trained member of staff will act quickly and administer the appropriate treatment, if required. Parents are informed, and the incident is recorded in both the incident book and the allergy register. If specialist treatment is required, e.g., an EpiPen, at least two members of staff working directly with the child, along with the manager, will receive specific medical training to administer the treatment.

By implementing these procedures, we ensure that children with allergies are safe, staff are fully informed, and potential risks are minimised both indoors and outdoors.

Transporting children to hospital procedures
The nursery manager/staff member must:

- Call for an ambulance immediately if the allergic reaction is severe. DO NOT attempt to transport the sick child in your own vehicle
- Whilst waiting for the ambulance, contact the parent(s) and arrange to meet them at the hospital

- Arrange for the most appropriate member of staff to accompany the child taking with them any relevant information such as registration forms, relevant medication sheets, medication and the child's comforter
- Redeploy staff if necessary to ensure there is adequate staff deployment to care for the remaining children. This may mean temporarily grouping the children together
- Inform a member of the management team immediately
- Remain calm at all times. Children who witness an incident may well be affected by it and may need lots of cuddles and reassurance. Staff may also require additional support following the accident.

This policy was adopted on	Signed on behalf of the nursery	Date for review
1/4/2026	*N. Baker*	*April 2027*

POLISI ALERGEDDAU AC ADWEITHIAU

Ym Meithrinfa Wibli Wobli rydym yn ymwybodol y gallai plant gael neu ddatblygu alergedd sy'n arwain at adwaith alergaidd. Ein nodau yw sicrhau bod adweithiau alergaidd yn cael eu lleihau neu, lle bo modd, eu hatal a bod staff yn gwbl ymwybodol o sut i gefnogi plentyn a allai fod yn cael adwaith alergaidd.

Er mwyn diogelu plant, staff ac ymwelwyr ag alergeddau neu alergeddau posibl, ni ddylid caniatáu na bwyta bwyd nad yw wedi'i selio, gan gynnwys ciniawau wedi'u pecynnu, ar safle'r feithrinfa lle darperir gofal. Bydd y feithrinfa'n darparu ar gyfer pob alergedd a gofynion dietegol a bydd yn gweithio gyda rhieni a gwarcheidwaid i sicrhau bod byrbrydau a phrydau bwyd yn cael eu darparu iddynt yn unol â'u hanghenion.

Bydd byrbrydau a phrydau bwyd y feithrinfa yn cael eu gweini ar y safle i bob plentyn. I blant a ariennir, mae hyn wedi'i gynnwys yn ein tâl nwyddau traul. Bydd angen i rieni neu warcheidwaid plant a ariennir sy'n dewis peidio â thalu'r taliadau nwyddau traul gasglu eu plentyn ar gyfer pob amser byrbryd a phryd bwyd er mwyn darparu bwyd i'w plentyn oddi ar safle'r feithrinfa yn ystod yr amseroedd hyn.

Rydym yn feithrinfa ddi-gnau ac nid ydym yn caniatáu cnau ar safle'r feithrinfa na'r ardaloedd awyr agored.

Rydym yn cymryd alergeddau o ddifrif iawn ac mae gennym weithdrefnau clir ar waith i sicrhau bod pob plentyn yn ddiogel ac yn cael gofal da.

Cofrestru a Chyfathrebu

Gofynnwn i rieni rannu'r holl wybodaeth am adweithiau alergaidd ac alergeddau ar ffurflen gofrestru'r plentyn ac i hysbysu staff am unrhyw alergeddau a ddarganfyddir ar ôl cofrestru. Rhennir y wybodaeth hon gyda'r holl staff a'i chofnodi ar ap Famly sydd ar gael i'r holl staff.

Arddangosir gwybodaeth am alergeddau ar siart alergeddau yng nghegin a man bwyta'r feithrinfa fel y gall cogydd y feithrinfa a staff y feithrinfa gyfeirio ati wrth weini bwyd.

Asesiad Risg Alergedd

Lle mae gan blentyn alergedd hysbys, bydd rheolwr y feithrinfa yn cynnal Gweithdrefn Asesu Risg Alergedd lawn gyda'r rhiant cyn i'r plentyn ddechrau yn y feithrinfa. Rhennir yr asesiad hwn gyda'r holl staff i sicrhau bod pawb yn ymwybodol o anghenion y plentyn.

Paratoi a Gweini Bwyd

Mae'r holl fwyd a baratoir ar gyfer plentyn ag alergedd penodol yn cael ei baratoi mewn ardal lle nad oes unrhyw siawns o halogiad ac yn cael ei weini ar offer nad yw wedi bod mewn cysylltiad â'r math penodol hwnnw o fwyd, e.e., cnau.

Mae matiau bwrdd sy'n arddangos delwedd y plentyn a manylion yr alergedd yn cael eu rhoi ar y bwrdd o flaen y plentyn perthnasol yn ystod gweini bwyd. Mae bwyd i blant ag alergeddau yn cael ei weini mewn plât neu fowlen o wahanol liwiau i helpu staff i adnabod bwyd plentyn yn hawdd ac atal croes-gyswllt.

Hunanwasanaeth bwyd - mae'r holl fwyd a baratoir ar gyfer plentyn ag alergedd penodol yn cael ei baratoi a'i wahanu yn unol â hynny ac yna'n cael ei roi mewn hambwrdd bwyd ar wahân ar gyfer yr hunanwasanaeth. Bydd staff yn monitro plant sy'n defnyddio'r ardal hunanwasanaeth a lle bo'n briodol bydd aelod o staff yn eistedd yn yr ardal hunanwasanaeth ac yn galw pob plentyn fesul un i'r ardal hunanwasanaeth i sicrhau nad oes croeshalogi offer gan gynnwys hambyrddau bwyd a gefel neu lwyau.

Mae'r ardal fwyta yn cael ei glanhau a'i sychu rhwng pob eisteddiad bwyd i sicrhau nad oes unrhyw siawns o halogi'r math penodol o fwyd (alergen) ar arwynebau ac offer.

Mae rheolwyr y feithrinfa, cogydd y feithrinfa a rhieni'n cydweithio i sicrhau nad yw plentyn ag alergeddau bwyd penodol yn derbyn unrhyw fwyd a allai ei niweidio. Gall hyn gynnwys dylunio bwydlen briodol neu amnewid prydau bwyd penodol ar fwydlen bresennol y feithrinfa.

Ymwybyddiaeth a Monitro Alergeddau
Mae seddi'n cael eu monitro ar gyfer plant ag alergeddau. Lle bo'n briodol, gall staff eistedd gyda phlant sydd ag alergeddau. Lle bo'n briodol i oedran, mae staff yn trafod alergeddau bwyd a risgiau posibl gyda phlant i annog ymwybyddiaeth a dealltwriaeth. Arddangosir siartiau alergeddau yn y gegin a'r mannau bwyta i staff gyfeirio atynt wrth weini bwyd. Gwneir staff hefyd yn ymwybodol o alergeddau a risgiau posibl yn yr ardal awyr agored, gan gynnwys dod i gysylltiad â phlanhigion, pryfed, neu alergenau eraill.

Adnabod Adweithiau Alergaidd
Mae staff wedi'u hyfforddi i adnabod arwyddion a symptomau adwaith alergaidd posibl, gan gynnwys: brech neu gychod gwenyn, cyfog, poen stumog, dolur rhydd, croen cosi, llygaid yn rhedeg, prinder anadl, poen yn y frest, chwyddo'r geg neu'r tafod, chwyddo'r llwybrau anadlu, gwichian, ac anaffylacsis.

Ymateb i Adweithiau Alergaidd
Os oes gan blentyn adwaith alergaidd i fwyd, pigiad gwenynen neu gacynen, planhigyn, ac ati, bydd aelod o staff sydd wedi'i hyfforddi mewn cymorth cyntaf yn gweithredu'n gyflym ac yn rhoi'r driniaeth briodol, os oes angen. Mae rhieni'n cael gwybod, a chofnodir y digwyddiad yn y llyfr digwyddiadau a'r gofrestr alergeddau. Os oes angen triniaeth arbenigol, e.e., EpiPen, bydd o leiaf ddau aelod o staff sy'n gweithio'n uniongyrchol gyda'r plentyn, ynghyd â'r rheolwr, yn derbyn hyfforddiant meddygol penodol i roi'r driniaeth.

Drwy weithredu'r gweithdrefnau hyn, rydym yn sicrhau bod plant ag alergeddau yn ddiogel, bod staff yn cael gwybod yn llawn, a bod risgiau posibl yn cael eu lleihau i'r lleiafswm dan do ac yn yr awyr agored.

Gweithdrefnau i Gludo plant i'r Ysbyty
Rhaid i reolwr/aelod o staff y feithrinfa:

- Galw am ambiwlans ar unwaith os yw'r adwaith alergaidd yn ddifrifol. PEIDIWCH â cheisio cludo'r plentyn sâl yn eich cerbyd eich hun
- Wrth aros am yr ambiwlans, cysylltwch â'r rhiant(iaid) a threfnu i gyfarfod â nhw yn yr ysbyty
- Trefnu i'r aelod staff mwyaf priodol fynd gyda'r plentyn gan fynd ag unrhyw wybodaeth berthnasol gyda nhw fel ffurflenni cofrestru, taflenni meddyginiaeth perthnasol, meddyginiaeth a chysurwr y plentyn
- Ail-leoli staff os oes angen i sicrhau bod digon o staff yn cael eu defnyddio i ofalu am y plant sy'n weddill. Gall hyn olygu grwpio'r plant gyda'i gilydd dros dro
- Hysbysu aelod o'r tîm rheoli ar unwaith
- Aros yn dawel bob amser. Gall plant sy'n dyst i ddigwyddiad gael eu heffeithio ganddo ac efallai y bydd angen llawer o gwtshis a sicrwydd arnynt. Efallai y bydd angen cefnogaeth ychwanegol ar staff hefyd yn dilyn y ddamwain.

Mabwysiadwyd y polisi hwn ar	Llofnodwyd ar ran y feithrinfa	Dyddiad adolygiad nesaf
1/4/2026	*N. Baker*	*Ebrill 2027*