

Safer Eating Policy



The statutory framework for children under the age of 5 years in England is the Early Years Foundation Stage (EYFS). I must also comply with the Childcare Register requirements for children over the age of 5.

Paediatric first aid: the childminder or assistant, with a valid paediatric first aid certificate will be in the room, sitting with children, when they are eating. Paediatric first aid training is updated every 3 years.

Dietary requirements: I ask parents to provide me with information about their child's dietary requirements including preferences, food allergies and intolerances and any special health requirements. This will be recorded as part of the 'All about me' information before the child starts in the setting and I will keep the information updated regularly. At each meal and snack time I will take responsibility for ensuring each child has the correct food and drink and sit with them to ensure they do not share or swap.

Allergies: paediatric first aid training includes allergy information and how to treat anaphylaxis. If a child has an allergic reaction and I do not have an auto injector, I will follow my emergency procedures and ring 999 for an ambulance – and say 'anaphylaxis' to the 999 operators.

I have read the NHS food intolerance, allergies and anaphylaxis advice.

If a child has a known allergy, I will help parents to complete an Allergy Action Plan and keep the information updated. I will ensure children are always within sight and hearing while eating and sit facing the children, to prevent food sharing and be aware of any unexpected allergic reactions. If I have to leave the table or children get up, I will remove food.

If necessary, I will record incidents of allergic reactions and share with parents.

Weaning: I will work closely with parents during the weaning process.

I will help parents to complete a 'Weaning action plan' and provide them with useful websites, for example, the safer food page from the DfE 'Help for early years providers' website, 'Portion sizes for toddlers' from the Infant and Toddler Forum and NHS guidance on weaning.

Food provided for weaning babies will take account of the stage the child is at and I will work with parents to understand the textures they are eating at home.

Choking: I will risk assess and take steps to minimise the risk of choking – this means, for example, cutting up circular food, using a choking tube (or similar) to check sizes of resources, not offering risky food and knowing how to support children if they are gagging or choking on food.

Children are provided with a highchair or appropriately sized low chair when they are eating. I aim to ensure the area where children eat are free from distractions. I keep children separate from each other when they are eating to prevent food sharing, which can lead to allergic reactions.

Record keeping: as relevant, will record incidents of choking and share the records with parents. I will review choking incident records regularly to identify trends that can be addressed to reduce the risk of choking.

If you have any questions, please ask. Thank you