



Health policy

Aim

Our provision is a suitable, clean, and safe place for children to be cared for, where they can grow and learn. They meet all statutory requirements for promoting health and hygiene and fulfil the criteria for meeting the relevant Early Years Foundation Stage Safeguarding and Welfare requirements.

Objectives

We promote health through:

- ensuring emergency and first aid treatment is given where necessary
- ensuring that medicine necessary to maintain health is given correctly and in accordance with legal requirements
- identifying allergies and preventing contact with the allergenic substance
- having ongoing discussions with parents/carers to develop allergy action plans for managing individual children's known allergies and intolerances.
- ensuring that all staff are aware of the symptoms and treatments for allergies and anaphylaxis and that children can develop these at any time, especially during weaning.
- ensuring that all staff know the difference between allergies and intolerances.
- identifying food ingredients that contain recognised allergens and displaying this information for parents/carers.
- Identifying and promoting health through taking necessary steps to prevent the spread of infection and taking appropriate action when children are ill.
- ensuring that ongoing discussions with parents take place regarding the stage their child is at in relation to introducing solid foods including the texture the child is familiar with.
- ensuring that food prepared is in line with the child's individual developmental needs.
- working in partnership with parents to help children to move on to the next stage of weaning at a pace that is right for their child.
- ensuring that food is prepared for children in a way that prevents choking.

- ensuring that babies and young children are sat safely in a highchair or suitable low sized chair when eating.
- ensuring that children are always in sight and hearing of a staff member, who is a paediatric first aider, whilst eating and the staff member is sat facing the children.
- recording all choking incidents that requires intervention.
- promoting healthy lifestyle choices through diet and exercise.
- supporting parents/carers right to choose complementary therapies.
- pandemic flu planning or illness outbreak management as per DfE and World Health Organisation (WHO) guidance

Legal references

Medicines Act (1968)

Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 (RIDDOR)

Control of Substances Hazardous to Health (COSHH) Regulations (2002)

Health and Safety (First Aid) Regulations 1981

Food Information Regulations 2014

[Early Years Foundation Stage 2025](#)

Further guidance

Accident Record (Early Years Alliance 2019)

This policy was adopted by	Skylarks Community Preschool	<i>(name of provider)</i>
On	1 st August 2022	<i>(date)</i>
Date to be reviewed	1 st August 2023	<i>(date)</i>
Signed on behalf of the provider		
Name of signatory	Kathleen Thomson	
Role of signatory (e.g. chair, director or owner)	Manager/Trustee	

Date Reviewed	Changes	Signature
7 th August 2023	N/A	
14 th August 2024	N/A	

Date Reviewed	Changes	Signature
15 th August 2025	Allergies/intolerances/choking/staff in sight of children when eating/recording/care plans/staff training	