



Safer Eating policy

The EYFS 2025

The requirements of the EYFS 2025 (statutory from 1st September 2025) will state, in a new section named 'food and drink facilities':

Paediatric first aid: whilst children are eating there should always be an adult in the room with a valid paediatric first aid certificate.

Dietary needs: before a child is admitted to the setting the Childminder must obtain information about any special dietary requirements, preferences, food allergies and intolerances that the child has, and any special health requirements. This information must be shared by the childminder with others that are involved in the preparing and handling of food. At each mealtime and snack time childminders must be clear about who is responsible for checking that the food being provided meets all the requirements for each child.

Allergies: We will have ongoing discussions with parents and/or carers and, where appropriate, health professionals to develop allergy action plans for managing any known allergies and intolerances. This information must be kept up to date and shared with all staff.

We will ensure that all adults are aware of the symptoms and treatments for allergies and anaphylaxis, the differences between allergies and intolerances and that children can develop allergies at any time, especially during the introduction of solid foods which is sometimes called complementary feeding or weaning.

Weaning: childminders must have ongoing discussions with parents and/or carers about the stage their child is at in regard to introducing solid foods, including to understand the textures the child is familiar with. Assumptions must not be made based on age. We will prepare food in a suitable way for each child's individual developmental needs, working with parents and/or carers to help children move on to the next stage at a pace right for the child.

Choking: We will prepare food in a way to prevent choking. Babies and young children should be seated safely in a highchair or appropriately sized low chair while eating. Where possible there should be a designated eating space where distractions are minimised.

Children must always be within sight and hearing of a member of staff whilst eating. Choking can be completely silent therefore it is important that we are alert to when a child may be starting to choke. Where possible, we will sit facing children whilst they eat so they can make sure children are eating in a way to

prevent choking and so they can prevent food sharing and be aware of any unexpected allergic reactions.

When a child experiences a choking incident that requires intervention, we will record details of where and how the child choked and parents and/or carers made aware. The records should be reviewed periodically to identify if there are trends or common features of incidents that could be addressed to reduce the risk of choking. Appropriate action should be taken to address any identified concerns.

Guidance to support practice

- Paediatric first aid training with Tigerlily
- All about me parent information form.
- Allergy action plan
- Incident record forms.
- Health and safety information guides including allergies, choking and weaning.
- Risk assessment guidance.
- Webinars to cover the latest EYFS requirements.

Useful information

- BSACI allergy action [plan](https://www.bsaci.org/wp-content/uploads/2020/02/BSACIAllergyActionPlan2018NoAAI2981-2.pdf) – <https://www.bsaci.org/wp-content/uploads/2020/02/BSACIAllergyActionPlan2018NoAAI2981-2.pdf>
- NHS advice on food allergies – <https://www.nhs.uk/conditions/food-allergy/> and treatment of anaphylaxis - <https://www.nhs.uk/conditions/anaphylaxis/>
- Weaning <https://www.nhs.uk/start-for-life/baby/weaning/>
- Food safety for young children – <https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety> includes advice on food and drink to avoid, how to reduce the risk of choking and links to other useful resources for early years settings.
- First aid- <https://www.childcare.co.uk/firstaid>