

Parkside Playgroup

39. Health

Parkside Playgroup is a suitable, clean, and safe place for children to be cared for, where they can grow and learn. We 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.
- 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 the necessary steps to prevent the spread of infection and taking appropriate action when children are ill.
- Ensuring that food prepared is in line with the child's individual developmental needs.
- Ensuring that food is prepared for children in a way that prevents choking.
- Ensuring that young children are sat safely in a 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 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 at Work etc. Act 1974](#)

[Management of Health and Safety at Work Regulations 1999](#)

[Control of Substances Hazardous to Health Regulations 2002, as amended \(COSHH\)](#)

[Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013 \(RIDDOR\)](#)

[Health and Safety \(First-Aid\) Regulations 1981](#)

[Regulatory Reform \(Fire Safety\) Order 2005](#)

[Manual Handling Operations Regulations 1992, as amended](#)
[Food Information Regulations 2014](#)
[Early Years Foundation Stage 2026](#)Early Years Foundation Stage statutory framework (effective 1 September 2026)

This policy was adopted at a meeting of	Parkside Playgroup
Held on	Sept 2026
Date to be reviewed	Sept 2027
Signed on behalf of the provider	
Name of signatory	Brenda Henrick
Role of signatory	Chairperson