

Redlands Playgroup is 'An Allergy Aware Playgroup'

What does this mean for you and the children in your care?

As you are all aware Redland Bay Playgroup has been a 'nut free' playgroup for a little while now. We are now adopting a more accurate terminology -- this means 'Allergy Aware' not 'Peanut Free' or 'Gluten Free' zones like some playgroups are.

Our new signs will support the new terminology they will read '**Allergy Aware Playgroup.**'

To inform everyone: We do have children attending Redland Bay Playgroup, these children have severe allergies, and we need to be mindful of these: we have children with allergies to nuts, soy, eggs and even sugar.

What can we do to help?

Please encourage healthy food for morning tea, e.g: fruits, crackers with cheese, vegemite on saos, avoid muesli bars, and sweet biscuits, products containing nuts.

We need to ensure constant supervision at meal times, and encourage children not to exchange foods, or take food from other children's lunch boxes.

When programming and preparing for food tasting, as we do our 'around the world travels' this year, we will take all these allergies into account, so as to not exclude any children from this experience, but to do this: **Please ensure you write all children's allergies and food intolerances in the Allergy Book on the sign in table.**

For those with more severe allergies, an **Anaphylaxis Plan needs to be completed by your child's doctor, with a photo attached and a copy given to the coordinator.**

The Playgroup coordinators have attended an Anaphylaxis Awareness course and hold current First Aid and CPR certificates. A **General Anaphylaxis Action Plan** will be displayed next to the first aid kit for future reference.

Please take the time to look at the websites below for more information.

Thank You for your understanding and cooperation!

Some informative websites:

<http://www.allergyfacts.org.au/>

<http://www.foodallergyalliance.org/>

<http://www.eatmefood.com.au/>

<http://www.allergy.org.au>